

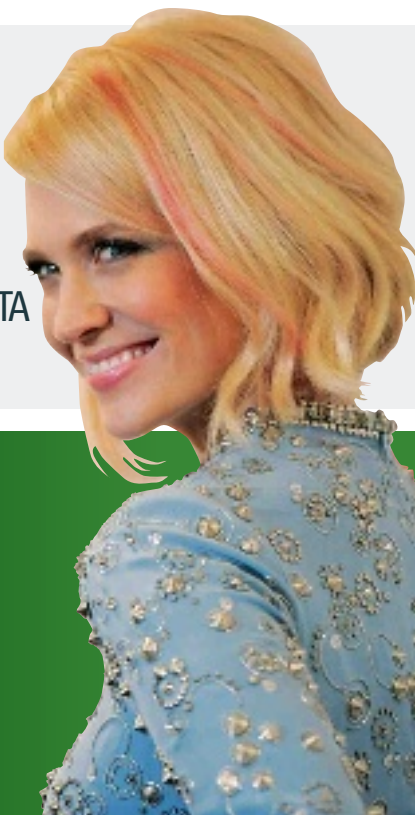


Looking to break into that wine?

The wine-making business that is — a professor of wine management gives tips on how to get started PAGE 21

NOT-SO-YUMMY FOR MUMMY

JANUARY JONES CREDITS HER GLOWING SKIN TO EATING PLACENTA AFTER BIRTH, BUT SOME BEAUTY EXPERTS ARE SKEPTICAL PAGE 16



OTTAWA metro Monday, April 16, 2012 News worth sharing. metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



Sens Store employees Tom Barrans, left and Andrew Halstad right show off their team colours with six-year-old Jake Shephard, Sunday. Barrans said playoff merchandise has been flying off shelves. More the series, page 24. SEAN MCKIBBON/METRO

How to avenge Alfie? Win Game 3

Game strategy. Fans hope heavy traffic in front of the Rangers' net will bring Sens Game 3 victory

SEAN MCKIBBON sean.mckibbon@metronews.ca

Carl Hagelin may feel like a marked man after his concussive elbow to Daniel Alfredsson's head in Game 2, but if Sens fans have anything to say about it, it's Henrik Lundqvist who will feel he's wearing a target Monday night. "There's got to be more battles in front of the net. They've got get Lundqvist off his game," said Ivan

Amor as he browsed hockey jerseys at the Carlingwood Mall Sens Store. "They should continue playing a physical game. They've got to play to the edge. Carkner and Konopka have to keep doing their job and not get any stupid penalties." Store employee Tom Barrans agreed. "They've got to drive the net. Make Lundqvist feel uncomfortable," he said. Dimitri Akimov, proudly flying Sens flags from the top of his car in the mall parking lot, said maintaining momentum and scoring the first goal of game three would also be a crucial step to victory for the Senators. "The goaltending also has to be great. (Craig) Anderson has to keep playing well," he said.

Advertisement for Sleepwell Property Management. Includes logo, headline 'Are you a landlord?', contact number 613-521-2000, website sleepwellmanagement.com, and a list of services: Rent Collection, Vacancy Control, Evictions, 24hr Service & Maintenance, Detailed Monthly Statements.

1

NEWS

On the web

**Super-fan
suits up for
playoffs**

Canucks super-fan Towel Power Man Dave Preece can hardly walk down the street wearing his snazzy new suit jacket without someone stopping to take a picture of him. Watch Towel Power Man in action at metronews.ca

**May the odd
be ever in
your favour**

The Hunger Games has been dominating the box office for weeks, so it's no surprise parodies of the blockbuster film are popping up all over YouTube. Check out The Hipster Games at metronews.ca

Mobile news



The terror trial of a man who confessed to killing 77 people in Norway starts Monday amid worries he will use the proceedings to showcase his radical views. Scan the code for the story.

This is one 'Darth Vader' everyone is rooting for

Lung transplant.

Hélène Campbell gives supporters an update on her recovery



JOE LOFARO
joe.lofaro@metronews.ca

Hélène Campbell took her first breaths without needing a breathing tube Saturday — the first time since she underwent double-lung transplant surgery April 6.

On Saturday, the 20-year-

old Ottawa woman tweeted, "Oh my gosh, what a great day! No more tubes, I can breathe!"

Campbell, who had the transplant because she suffered from idiopathic pulmonary fibrosis, remains in intensive care at a Toronto hospital, but her family is posting updates on alungstory.ca, where Campbell mounted an organ donation awareness campaign.

The campaign led Campbell to appear on The Ellen DeGeneres Show via Skype in February, and in January, Justin Bieber threw

his support behind the #BeAnOrganDonor movement on Twitter.

On Saturday, Campbell's parents said doctors let her remove her breathing tube.

"She was smiling from ear to ear with its removal," the website said.

It went on to say she sounds like "Darth Vader with a case of laryngitis" when she whispers.

On Thursday, Campbell was able to walk around twice in her unit and sit down in a chair — both times while hooked up to a ventilator.



A screenshot of Hélène Campbell's appearance on Ellen.



Minto Run for Reach on steady pace toward \$70K goal

Sebastien Tremblay, 10, leads the way in the Tim Hortons 3K Individual or Family Walk/Run Sunday. About 800 people participated in the Minto Run for Reach fundraiser along Queen Elizabeth Driveway. The fundraiser supports Reach Canada, a not-for-profit organization that provides lawyer referral and educational services to people with disabilities. Head organizer Paula Agulnik said she expects to reach her fundraising goal of \$70,000. This year's honorary race starter was Running Room president John Stanton. The honorary race participant was Canadian Paralympics Champion Jon Dunkerley. [JOE LOFARO/METRO](mailto:joe.lofaro@metronews.ca)

The possibilities are endless



FENPLAST

Fenex

WINDOWS & DOORS

OTTAWA'S BIGGEST SHOWROOM

**VISIT OUR SHOWROOM AND SAVE \$200
ON OUR INSTALLED PATIO DOORS**

See a sales representative at Fenex for all details. Limited time offer.

1447 YOVILLE DRIVE, OTTAWA

EAST 613.824.2641 | WEST 613.726.6393 | fenex.ca

To market we'll Brewer Park it, farmers decide

Packing up. After six years, Ottawa's Farmers' Market is leaving Lansdowne



SEAN MCKIBBIN
sean.mckibbin@metronews.ca

Sunday — the last day the market would open at the park because of the city's plans to redevelop Lansdowne — the market happened indoors at the Aberdeen Pavilion.

"This is our first time inside. The city told us we couldn't be outside after May 1st," said the market's vice-president Andy Terauds.

"So we're inside because we had to tell our customers where we were moving."

Typically, the market runs from the first Sunday in May to mid-November.

The market will reopen in Brewer Park on May 7.

Terauds said he expects the new location, east of Bronson Avenue, near Carleton University, will draw new customers and shouldn't present a problem for people to find.

But, he added, the market, which showcases fresh farm produce, game and work by artisans, is also looking at expanding to another location in Westboro.

One customer at the market, Glebe resident Lesley Kathnelson, said her family will likely keep going to the market in its new Brewer Park location.

She said she likes to support local farmers.

"It might not be as often though. This is so convenient, it's spontaneous, we can just walk. Brewer Park is a bit farther away, so it might require a bit more planning," said Kathnelson.



Clara Saunders, and Emma Ouellette, both eight, and Saunders' mother, Lesley Kathnelson, check out the wares from Barkley's Apple Orchards as Solomon Barkley watches at the Ottawa Farmers' Market Sunday. SEAN MCKIBBIN/METRO

Women Fully Clothed laughs not just for ladies



Women Fully Clothed, from left: Jayne Eastwood, Robin Duke, Kathryn Greenwood and Teresa Pavlinek.

CONTRIBUTED BY WOMEN FULLY CLOTHED

With their first-ever U.S. tour winding down, comedy troupe Women Fully Clothed are looking forward to a Canadian homecoming in Ottawa on May 3, where comedian Jayne Eastwood says the Women get a particularly raucous reception.

"I was really surprised because poor Ottawa, it has the reputation of being rather staid, so when you're taking a comedy to town, well, maybe people will just be clapping politely,"

she said.

Instead, she said, they get "Screams of laughter, people falling off their chairs. I thought, 'Wow, this is cool! Maybe these women have to be so serious all day long, they came to our place and just were able to let loose.'"

As for the men, they're still a bit scarce in the audience, she admitted.

"It's just the title," Eastwood said.

"It says 'Women Fully

Clothed,' so women come and see us, and men think, 'Well if they're fully clothed, why bother?'"

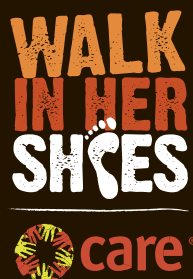
"If men would give us a chance, I think they would find that they're just seeing something funny that is not male bashing.... It's just about the slings and arrows of everyday life, which men identify with as well as women, and they're very surprised when they come and see the show."

STEVE COLLINS/FOR METRO



Join Walk In Her Shoes.

Join thousands of Canadians, like Sarah, and empower women and girls to fight global poverty.



Walk In Her Shoes is an easy way to make a difference AND earn the chance to win the trip of a lifetime!

Learn more!

www.care.ca/metro

In partnership with
metro

Belfast looks back on Titanic with mixture of sorrow and pride

Centennial. Cities on both sides of the Atlantic commemorate the 100-year anniversary of the sinking of ship

As the 1912 disaster was commemorated around the world, the city that built the vessel — Belfast, Northern Ireland — looked back on the tragic sinking of Titanic with a distinctive mixture of sorrow and pride.

In the North Atlantic, passengers lined the decks of the MS Balmoral, a cruise ship that has been retracing the route of the doomed voyage, as the ship stopped early Sunday at the spot where the Titanic went down in the early hours of April 15, 1912.

Another cruise ship, Journey, which travelled from New York, also held a service at the site, about 650 kilometres off the coast of Newfoundland.

A century on, events around the globe marked a tragedy that retains its grip on the world's imagination. In Belfast, a memorial monument was unveiled Sunday at a ceremony attended by local dignitaries, relatives of the dead and explorer Robert Ballard, who

Remembrance

People in Halifax gathered at a local cemetery Sunday to pay their respects to the victims of the Titanic sinking on the centennial of the disaster.

- One hundred and twenty-one people aboard the ill-fated ship were buried at Fairview Lawn Cemetery in Halifax.

- Twenty-nine others are buried at other cemeteries in the city.

discovered the wreck of the Titanic on the ocean floor in 1985.

Remembrance ceremonies were also being held in the ship's departure port of Southampton, southern England — home to hundreds of Titanic crew who perished — and in Halifax, where about 150 victims of the tragedy are buried.

A brass band played as the granite plinth bearing bronze plaques was uncovered beside Belfast City Hall.

Officials say it is the first Titanic memorial to list all victims alphabetically, with no distinction between passengers and crew members, or between first-, second- or third-class travellers.

THE ASSOCIATED PRESS



Distant relatives of people who died on the Titanic disaster lay wreaths at the Titanic Memorial Plaque during the service at Belfast City Hall, Northern Ireland, Sunday. PETER MORRISON/THE ASSOCIATED PRESS

Drugs. Reserve speaks out against addiction

Item number nine in the letter to members of the northern Ontario's Cat Lake reserve from Grade 6 students is as blunt as it is painful.

"It hurts us and shoomis and kokum (grandpa and grandma) when you're doing drugs."

The drugs are OxyContin or Percocets. Governments and local health authorities are

slowly gearing up to deal with the runaway addiction that has slammed communities across the country. THE CANADIAN PRESS

Exclusively online

To read the letter, go to metronews.ca

Prostitution. Secret Service scandal slammed

A Secret Service scandal involving prostitutes in Colombia that has overshadowed U.S. President Barack Obama's diplomatic mission in Latin America probably isn't an isolated incident, a leading House Republican said Sunday.

California Rep. Darrell Issa, chairman of a House investigative panel, said he wasn't certain whether Congress would hold hearings on the misconduct. THE ASSOCIATED PRESS

Strained relations

16

Eleven Secret Service employees are on administrative leave for misconduct and five service members assigned to work with the agency are confined to quarters amid allegations that a group of personnel partied with prostitutes before Obama arrived in Colombia for the weekend summit with Latin American leaders.

The world in photos



1 Suicide bomber. Examining remains

An Afghan man examines the remains of a car after three suicide bombers were killed before they reached Jalalabad airport in Afghanistan on Sunday. The Taliban launched a series of coordinated attacks on at least seven sites. RAHMAT GUL/THE ASSOCIATED PRESS

2 Salute. Jong-un gives first speech

North Korean leader Kim Jong-un salutes during a mass military parade in Pyongyang to celebrate 100 years since the birth of the late North Korean founder Kim Il Sung on Sunday. THE ASSOCIATED PRESS/KYODO NEWS

3 Birthday. Benedict XVI turns 85

Pope Benedict XVI greets the faithful during the Regina Coeli prayer from his studio's window overlooking St. Peter's square at the Vatican, Sunday.

GREGORIO BORGIA/THE ASSOCIATED PRESS

4 Arrested. Activists' fly-in protest

Left wing Israeli activists are arrested by Israeli police as they demonstrate in favour of the 'Welcome to Palestine' fly-in protest on Sunday at the Ben Gurion Air Port near Tel Aviv, Israel. URIEL SINAI/GETTY IMAGES

5 French campaign. Sarkozy arrives

France's President and candidate for re-election, Nicolas Sarkozy, shakes hands as he arrives for a Paris campaign meeting, Sunday. MICHEL EULER, POOL/THE ASSOCIATED PRESS

THE OTTAWA WEDDING SHOW
APRIL 21 and 22
Saturday & Sunday 11am to 5pm
CE CENTRE 4899 UPLANDS DRIVE (at Airport Parkway)

- Exhibits - Over 100 of Ottawa's top wedding professionals
- Fashion shows - 12:30pm and 3:30pm both days
- Boutique Gowns - Hosted by Ottawa's leading bridal shops
- Prizes and Promotions available only at Show

ADMISSION FREE

www.OttawaWeddingShow.com

Five dead as twisters cut a swath across U.S.

Over 100 tornadoes. Midwest and Plains states affected; hundreds of thousands without electricity; storm weakening

More than 100 tornadoes were reported across the U.S. Midwest and Plains states, leaving at least five dead in Oklahoma and hundreds of thousands of families without electricity.

Residents searched Sunday through damaged homes for anything they could salvage. Emergency crews, meanwhile, were trying to repair downed power lines.

The National Weather Service said the storm systems were weakening and that additional tornadoes were unlikely. But forecasters warned that strong thunderstorms were expected as far east as Michigan.

Five people were killed and more than two dozen were injured when a suspect-

Very strong system

The storms were part of an exceptionally strong system that the Storm Prediction Center in Norman, Oklahoma had warned about for days.

- The centre warned people more than 24 hours in advance of a possible "high-end, life-threatening event."
- The centre said the weather service had received at least 120 reports of tornadoes by dawn Sunday.
- They warned the threat wasn't over for those across several states in the U.S. interior.

ed tornado ripped through a mobile home park in Woodward, Oklahoma.

Streets in the town were left dotted with mangled vehicles.

THE ASSOCIATED PRESS



Workers survey the damage to a 20-metre-tall Ferris wheel following a tornado that swept through East Wichita. MIKE HUTMACHER/THE ASSOCIATED PRESS

"The Tornado Hunter"

Saskatchewan gives eyewitness account

As extreme weather continues to hit the Midwestern United States, Saskatchewan resident Greg Johnson, known as the Tornado Hunter, is on the ground documenting the ordeal.

Speaking with Metro from Des Moines, Iowa, Johnson said this chase has been a lucky one.

"In Kansas we were really fortunate that the tornadoes that we were chasing ... didn't hit populated areas," said Johnson.

"So we didn't come-

across any of that mayhem that went on later in the evening at Wichita and unfortunately the five deaths at Woodward, Oklahoma."

Johnson said these chases affirm for him that Canada isn't prepared for a tornado.

"The work we're doing now pays dividends and helps people build an awareness about tornadoes and severe weather."

He says this work in the U.S. will pay dividends when he gets back to Canada.

In several states in the U.S. interior, the threat isn't fully over, but the storm has weakened and officials say additional tornadoes are unlikely.

MORGAN MODJESKI/
METRO IN SASKATOON



Chris Streeks, a member of Greg Johnson's tornado hunting team. GREG JOHNSON/FOR METRO

SPRING
MUST-HAVES
THAT WILL GET YOU
NOTICED

No neutrals here, just bold, bright blocks of colour.

RIDEAU
CENTRE
rideaucentre.com



Visit rideaucentre.com for your chance to win a \$500 Cadillac Fairview shop! card* gift card.

Sunglass Hut
2nd Level
Ray Ban red
folding wayfarer
sunglasses



Forever 21
1st Level
green shorts,
red blouse, navy
blazer, yellow
flower clutch

Town Shoes
3rd Level
Steve Madden

colour blocking

Banana Republic
2nd Level

Lacoste 2nd level

Sephora 3rd Level

COACH 3rd Level

Banana Republic 2nd Level

COACH 3rd Level

COACH 3rd Level

Heart&Stroke
ULTIMATE 25's
LOTTERY

YOU'LL FLIP FOR THE WINNINGS

TICKETS ONLY \$25

25 GRAND PRIZES OF \$200,000

25 CARS

OR TAKE THE CASH

25 TRIPS

OR TAKE THE CASH

25,000 MORE PRIZES

LOTS MORE PRIZES

1 Ticket for \$25
5 Tickets for \$100
15 Tickets for \$250
BEST DEAL!

Phone: 1-855-946-2525 Ext. 700
Online: www.heartandstroke.ca/lottery

HEART & STROKE FOUNDATION OF ONTARIO

100% OF NET PROCEEDS SUPPORT HEART AND STROKE FOUNDATION RESEARCH THAT SAVES LIVES

THANK YOU TO OUR PARTNERS:
BROCHURES AVAILABLE AT SCOTIABANK.

ST. CLAIR **Sunquest** **CRAIG TRAVEL** **Scotiabank**

††Please refer to our brochure or web site www.heartandstroke.ca/lottery for complete Heart&Stroke Ultimate 25's Lottery rules. 1,310,000 tickets are available. Purchaser(s) and Primary Ticket Holder(s) must be at least 18 years of age and live in Ontario. 25,103 prizes at a value of \$7,139,072 (including all taxes and freight), will be awarded. All prizes must be accepted as awarded. Early Bird Sales Deadline is June 7, 2012. Final Sales Deadline is June 12, 2012. Major Winners will be published in the Toronto Star on July 23, 2012. A complete list of winners will be available on our web site and at local Heart and Stroke Foundation offices. *Heart&Stroke Ultimate 25's Lottery and Heart & Stroke Foundation of Ontario are trademarks of the Heart and Stroke Foundation of Canada. © Bank of Canada - bank note images used and altered with permission. Lottery Licence #: 4621



Jean Chretien signs the proclamation repatriating Canada's constitution in April 1982. RON POLING/THE CANADIAN PRESS

Set in stone? Charter's colour is fading away

Charter of Rights and Freedoms.

Signed on April 17, 1982, signatures fade because of quality of ink used

The papermakers chose the finest Manitoba flax and the artists etched the coat of arms in 24 carat gold for the Proclamation of the Constitution Act of 1982.

The goal: to create a uniquely Canadian, tangible piece of history befitting the constitution coming home and the creation of the Char-

New information

Former prime minister Jean Chretien recalled, with a laugh, the day he signed the proclamation:

- When it was his turn, the pen passed to him by then-prime minister Trudeau was broken, causing a French swear word to slip from his lips.
- The Queen, fully fluent in French, had a laugh.

about the pens used to sign the proclamation itself.

So while 30 years later the Charter remains a vibrant force in Canadian life, the signatures that brought it into force are at risk of fading.

"The paper is very, very good quality, but it begs the question when we're signing prestigious documents, perhaps we should be using inks, pens that are as stable as the document itself," said Catherine Craig-Bullen, at Library and Archives Canada.

"In a kind gesture by Trudeau, I signed my name just below Her Majesty's," said former prime minister Jean Chretien. **THE CANADIAN PRESS**

ter of Rights and Freedoms. Except nobody thought

Search and rescue

\$8.1 million to be spent on search and rescue

The federal government says it will spend \$8.1 million in an effort to strengthen search and rescue response across Canada.

Defence Minister Peter MacKay announced that the money would go to new life-saving equipment and tools, awareness programs and the development of virtual training.

MacKay says the funding reflects the government's commitment to search and rescue.

THE CANADIAN PRESS

Mulcair. Launches scathing attack on the Harper Conservatives

The Harper government's cuts to public service jobs are putting Canadians at risk, NDP Leader Tom Mulcair warned Sunday.

Mulcair launched a scathing attack against Prime Minister Stephen Harper during a speech to Ontario New Democrats meeting in Hamilton.

He lashed out at the Conservatives for cutting food inspectors, And "they're cutting back on aeronautical safety," he said, adding it's easy for government to pick on civil servants.

THE CANADIAN PRESS



NDP Leader Thomas Mulcair.
SHERYL NADLER/THE CANADIAN PRESS

Women's issues centre stage in presidential race

Battle brews. Women seen by both parties as key to winning the White House

The challenges facing American women have taken centre stage in the national political debate as President Barack Obama and Republican front-runner Mitt Romney do pitched battle for the hearts and minds of the country's all-important female voters.

Romney's attempts to stop a growing deluge of women from choosing Obama were met with mockery on Sunday by Treasury Secretary Tim Geithner, who derided him for his claim last week that women accounted for a whopping 92 per cent of the jobs lost since the president took office.

"It's misleading and ridiculous," Geithner, making the rounds of the Sunday morning talk shows, said on CBS's Face the Nation. "It's just a political moment."

Geithner conceded that the second half of the recession involved more female job losses due to teacher and education-related layoffs precipitated by state budget cutbacks.



Barack Obama

It was mostly men, however, who found themselves out of work at the start of the recession in 2008, due to construction and manufacturing job losses, he said, meaning the pain was felt equally by men and women over the course of the economic downturn.

"The recession ... was already a year in the making before President Obama came into office," Geithner said.

"It's a meaningless way to look at the basic contours of the economy in that period of time, again because it starts artificially at a time when the president came into office and the crisis was still building momentum."

PolitiFact, a nonpartisan fact-checking organization, has in fact rated Romney's claim as "mostly false."

Nonetheless, the so-called "war on women" has become a flashpoint in the 2012 election campaign, even before Romney was all but assured the Republican nomination last week when his only real rival for the crown, Rick Santorum, dropped out of the party's presidential race.

THE CANADIAN PRESS



Remembering the lights of their lives

Bosnian Serb people light candles in a memory of their relatives before morning liturgy on Orthodox Easter in the Bosnian town of Banja Luka, 260 kilometres northwest of Sarajevo, Sunday. Bosnian Serbs celebrate Easter according to the Julian calendar. RADIVOJE PAVICIC/THE ASSOCIATED PRESS

Iraqi officials released after corruption concerns surface

Two Iraqi election officials facing corruption charges said Sunday they have been released on bail after a three-day detention that they said was designed to pressure the independent electoral body.

The detention of the two election officials has fuelled concerns that Prime Minister

Nouri al-Maliki is seeking to consolidate power and bring independent officials and government bodies under his control.

The officials, Faraj al-Haidari and Karim al-Tamimi, were detained Thursday after a decision to reinvestigate old corruption charges against

the commission. Both officials vehemently denied the allegations, and described their detentions as an attempt to pressure the panel. A spokesman for al-Maliki has denied any government pressure, saying the issue is with the courts.

THE ASSOCIATED PRESS

PERKS INCLUDE THE ENVY OF YOUR PEERS.



Become a Certified Management Accountant. The strategic management approach of the CMA designation gives you the tools to manage and lead in any industry. Our comprehensive bridging program will help you qualify for the designation.

Visit our website and register to attend a session for more information.

1.800.387.2991 x113

becomeacma.com/infosessions

Create Possibilities.™



Certified Management Accountants™



LOWEST LONG DISTANCE RATES GUARANTEED!



Make long distance calls even from your mobile phone



1 Cent to India

1000 minute bundle only \$10/month

1¢
/minute



Unlimited Canada

Unlimited calling to anywhere in Canada

\$5
/month

Australia.....1.9¢/min	Iran.....5.9¢/min	Russia.....1.9¢/min
Bangladesh.....3.9¢/min	Israel.....1.9¢/min	South Korea.....2.9¢/min
Bosnia.....13.9¢/min	Italy.....1.9¢/min	Sri Lanka.....9.9¢/min
China.....1.9¢/min	Lebanon.....7.9¢/min	Trinidad.....4.9¢/min
Colombia.....3.9¢/min	Mexico.....1.9¢/min	U.A.E.....14.9¢/min
Cuba.....89.9¢/min	Pakistan.....5.9¢/min	Ukraine.....7.9¢/min
El Salvador.....9.9¢/min	Philippines.....11.9¢/min	U.K.....2.9¢/min
Germany.....1.9¢/min	Poland.....1.9¢/min	Vietnam.....4.9¢/min
	Romania.....1.9¢/min	Serbia.....7.9¢/min

Every Month
30 Minutes FREE
Long distance to Canada and USA

www.comwave.ca

1-866-770-8085

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. COMWAVE'S LOWEST LONG DISTANCE RATES are based on our current lowest advertised rates for the services. Comwave will not rate match against cheap or Internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line and may expire from one month to six months. Excess minutes will be billed at our lowest long distance rate. Calls to Domestic Mobile Numbers may be billed at a higher rate. Terms and conditions apply, see www.comwave.ca for details.



JOIN THE HUNDREDS OF THOUSANDS OF CANADIANS
WHO HAVE PROUDLY SWITCHED TO COMWAVE



Keep your existing Phone Number All Features FREE



	Unlimited Local Unlimited local calls plus over 14 FREE features	\$14⁹⁵ /month
	Unlimited Canada All the features FREE plus unlimited Canada-wide long distance	\$19⁹⁵ /month
	Unlimited Global Unlimited long distance to almost 60 countries plus all features FREE	\$29⁹⁵ /month

Limited Time Offer
6 Months FREE
Your Satisfaction is Guaranteed or You Pay Nothing!

1-866-770-8085

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. COMWAVE HOME PHONE (800) 770-8085 is not available in some areas. Local toll-free 1-866-770-8085. All the listed plans do not include calls to the Yukon, Nunavut, NWT, Alaska and Hawaii. The 6 Month Free Promotion is based on a 24-month term and includes a 90-Day Satisfaction Guaranteed period. The Global Plan includes a 30-day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period with no further obligation. If you terminate your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 3 month free for a total of 6 months free. The award will then apply to your new service on the 30th day.

Market Minute



DOLLAR
100.16¢
(-0.39¢)

Natural gas: \$1.981 US (-0.2¢)
Dow Jones: 12,849.59 (-136.99)



TSX
12,040.39 (-174.25)



OIL
\$102.83 US (-81¢)



GOLD
\$1,660.20 US (-\$20.40)

Latin America splits with Canada, U.S. on Cuba

Summit. Allowing Cuba to participate may undercut democratic gains in the hemisphere, experts argue

Foreign policy

- The Conservative government is trying to revitalize its five-year-old Americas Strategy, a policy of focused engagement in the region.
- Harper will fly to Santiago at the close of the summit for an official visit to Chile.



Prime Minister Stephen Harper arrives for the second day of meetings at the sixth Summit of the Americas in Cartagena, Colombia, on Sunday.
ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper came to the Summit of the Americas with the goal of bolstering ties with the booming region, but left Sunday on a discordant note because of his government's stance on Cuba's participation.

Canada and the United States stood alone in balking at an agreement to allow Cuba to attend future summits. That disagreement, and a lack of consensus on backing Argentina's claim to the Falkland Islands, scuppered a final declaration from the 31 participating nations.

Even the summit host, Colombian President Juan Manuel Santos, declared it to be "unacceptable" that Cuba

not attend the next meeting three years from now. Other major players, such as Argentina and Brazil, have echoed the sentiment.

Harper emphasized that Canada has reached out to Cuba, and does not agree with the American embargo of the country. But he said Canada is sticking with the summit principles that state that members must be democracies — an idea that originated under Liberal prime minister Jean Chretien during the Quebec City summit of 2001.

"While we don't support

the position of isolating Cuba, we do believe that the Summit of the Americas should be restricted to democratic countries, and that Cuba should be encouraged to come as a democratic country in the future... and it's our contention that the Canadian policy is the way to get that kind of re-

sult rather than the policy pursued by our American friends," Harper told reporters.

What happens next is unclear. Santos said there would be a discussion on Cuba's participation at the summit three years from now, scheduled for Panama.

THE CANADIAN PRESS

Canada's	National Notary Public	Company
Mobile Notary	Notarization & Legalization	Fingerprinting
Certified True Copies	Over 100 Locations Across Canada	Background Checks
E-Document Certification		Land Title Searches
Notarization & Commissioners of Oaths	Scan and Save	Authentication & Legalization (Apostille)
Affidavits		Consent to Travel
Visa & Passport Processing		1-888 922-7325
RedSeal Notary.com		

HE OR SHE WHO HESITATES IS LOST.

Another reason to enrol
in the CGA program now.



CERTIFIED
GENERAL
ACCOUNTANTS

We see more than numbers.

Don't wait another minute to pursue a
career that lets you **DO MORE** as a Certified
General Accountant.

Get the details at **CGA-DoMore.org/Enrol**

POLITICS TRUMPS EVIDENCE ON INJECTION SITES — FOR NOW



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

A four-year study that recommends supervised drug injection sites for Ottawa and Toronto debuted last week and has already begun accumulating its customary coating of dust and official

indifference.

The research was funded in part by the Ontario government, which immediately began ignoring it. Within hours of the release, Health Minister Deb Matthews made it clear her government wasn't about to jump on the harm reduction bandwagon.

"Experts continue to be divided on the value of the sites," she said.

In Ottawa, we got the same line from Mayor Jim Watson: "There are studies on both sides that show whether it's working or whether it's not working. I have to live in the realm of reality."

The reality in which the minister and the mayor live, however, seems a little light on supporting evidence.

Vancouver's successful Insite facility has been subjected to a whack of studies in its nine years of existence, which have overwhelmingly found it prevented overdoses, reduced the spread of infectious disease and got addicts into treatment and other medical and social services. The Vancouver police say worries about rising crime in the vicinity of the site have also proven unfounded.

The Canadian Medical Association and the Canadian Public Health Association sing the praises of this harm reduction measure, and the Supreme Court of Canada, in a unanimous decision last year preventing the federal government from shutting Insite down, simply said, "Insite saves lives. Its benefits have been proven."

On the value of the sites

"Experts continue to be divided."

Health Minister Deb Matthews

Mayor Watson has a strong preference for directing all available resources to rehab facilities.

"We have limited resources

and we don't have enough money to house more than 12 people in the English treatment centre," he said, "and we know there's a greater need, so until all those people get properly treated, I'm not going to support a safe injection site."

Granted, it would be nice if all Ottawa's addicts would just quit their destructive behaviours and get better, but policy by wish isn't likely to get us there.

Even if every junkie in the city decided to clean up, the line-up for our handful of treatment spots would be daunting. A 2007 Ottawa Public Health estimate put the number of injection drug users at 3,000 to 5,000.

In the meantime, these people are getting sicker. The study puts the rate of HIV infection among users at 11 per cent, and 60 per cent for hepatitis C. Infectious diseases, by their nature, are everybody's problem, draining our health care system and putting the general population at risk. Last week, activists picketed a city park where a boy pricked himself on a discarded needle. A supervised injection site wouldn't eliminate these dangerous incidents, but could be expected to reduce them.

Understandably, even supporters of supervised injection sites lose some of their enthusiasm when the discussion turns to exactly where to locate them. No matter what the benefits, few of us are volunteering to be the neighbours.

The bad news for the not-in-my-backyard types is that the problem is already in our backyard. Of the Ottawa drug users interviewed for the study, 25 per cent said they had shot up in a public washroom or stairwell in the past six months, while 29 per cent had done it on the street or in an alley.

Politicians who manage to stay in office are necessarily attuned to public opinion, and if they detect an ongoing moral queasiness with giving addicts a place to take drugs, maybe those are the signals we're sending them.

The study offers up some hope in this area, noting that between 2003 and 2009, public opinion warmed considerably towards supervised injection sites. Not coincidentally, in 2003, Insite opened, started making headlines pro and con, and opening minds.

The more we know about these facilities and their benefits the less we seem to fear them, and the less temptation we give political leadership to ignore evidence and play to those fears.

Harlistas wave the flag



FRANKLIN REYES/THE ASSOCIATED PRESS

Straw at attention

Cubans celebrate Harley Davidson

Bikers participate in a competition to place a single straw in a row of bottles during Cuba's first national gathering in honour of the Harley Davidson motorcycle Saturday.

Cuban "hog" owners and enthusiasts gathered over the weekend in the tourist resort city of Varadero.

THE ASSOCIATED PRESS

Motorcycle mambo



Keeping 'hogs' on the street

Yaismer Escalona works on a Harley Davidson in Havana Friday.

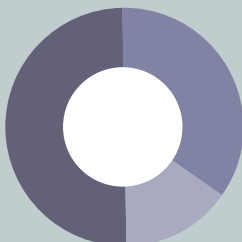
Cuba's "Harlistas" are just as passionate as their American counterparts, but like the owners of rumbling 1950s Detroit classic cars that still prowls the streets of Havana, vintage Harley fans have had to get creative to keep their bikes road-worthy. THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

Have you been affected by rising gas prices?

50% NO, I DON'T DRIVE.



35% SOMEWHAT. I'VE HAD TO CUT BACK A BIT.

15% YES. HEAVILY.



Twitter

@olivier27

Alfie out for Monday's game - "upper body injury". #sens #hnic

@Sens_Army_

I'm terrified to get an update on Alfie. Can anyone explain that subtle mention of Zibanejad's possible concussion on CBC last night??

@slavitch

@steffeG Ironies if Silver Surfer comes in for Game 4 to take over from concussed Alfie, especially if he performs.

@olivier27

Alfie out for Monday's game — "upper body injury". #sens #hnic

@gardengnomegeek

@thegov2k2 I will admit I missed the beginning of the game, but I wasn't of the impression it was Alfie who got in a fight with Boyle.....

@SenatorsFan

I love that all these #Rangers fans think their team are saints in all this, as Alfie is injured. Face it, both teams played dirty

2

SCENE

Box office

Fans still hungry for Games

The Hunger Games held off *The Three Stooges* to remain the No. 1 weekend movie. The Hunger Games stayed on top for a fourth-straight weekend with \$21.5 million. Peter and Bobby Farrelly's slapstick update *The Three Stooges* opened in second place with \$17.1 million. The acclaimed horror tale *The Cabin in the Woods* debuted in third place with \$14.9 million.

THE ASSOCIATED PRESS

On the web

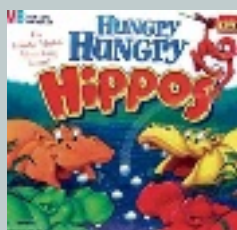


Ronnie Wood, members of The Faces donate band biography to newly opened Rock Hall archives

When board meets screen

Battleship, Milton Bradley's boredom, smiting, peg-in-board naval gazer, is being re-imagined as a \$200 million intergalactic ship-sinking blockbuster, with Liam Neeson and Rihanna aboard. If Battleship floats at the box office, studios will be quick to green light a slew of board-meets-screen adaptation. We delved deep into the attic to dust off some rainy-day classics with the most cinematic potential.

MIKE DOJC
scene@metronews.ca

**Hungry Hippos**

Elevator pitch: Anaconda Meets The Constant Gardener

Plot: While in Botswana, a World Health Organization scientist accidentally stumbles upon a topical cure for male pattern baldness while milking a hippopotamus on a dare. In an attempt to amplify the affect, the hefty herbivores are shot full of bovine growth hormones, which messes with their eyesight causing them to see human heads as mouth-watering spheres of white chocolate.

Stars: Megan Fox, Danny McBride and Seth Rogen

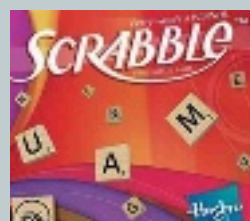
**Connect Four**

Elevator pitch: Bob & Carol & Ted & Alice meets Wanderlust

Plot: Two couples meet while on vacation in Tuscany, have too much Pinot grigio one night and end up experimenting in spouse swapping. While their friendship persists, the inebriated dalliance leads to therapy for one duo and a temporary break-up for the other. Will moving into a beach house in Malibu help this criss-crossed foursome pick up the emotional pieces of their scattered hearts?

Stars: Mark Ruffalo, Zoey Deschanel, Dax Sheppard and Kristen Bell

Zoey Deschanel

**SVW: Scrabble versus Words with Friends**

Elevator Pitch: Freddy vs Jason Meets The Social Network

Plot: A friendly game of Scrabble between a mother and her daughter goes awry after mama scores a bingo with a-b-u-s-i-v-e. Seven letter bonuses are only 35 points in the popular app but 50 points in the board game that inspired it. A generational pissing match ensues, pitting Coke against Coke Zero and convenient store coffee against Starbucks.

Stars: Marissa Tomei, Selena Gomez and Mike Holmes

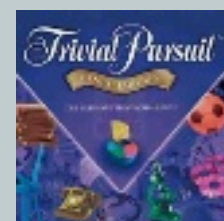
Channing Tatum

**Jenga**

Elevator pitch: Armageddon Meets Tetris

Plot: Set in Chicago in the summer of 2035, a trillionaire developer conceives a mega-condominium, quadruple the height of the CN Tower, assembled completely out of prefabricated modular units. Midway through construction the city is rocked by a 9.0 earthquake. A brave crew of super-crane operators from the army corp of engineers scramble to save the building from toppling by hoisting up the precariously balanced units and finding a new perch for them on the top.

Stars: Tim Allen, Channing Tatum and Mike Holmes

**Trivial Pursuit**

Elevator Pitch: Saw meets Jeopardy

Plot: After a producer gets canned from the game-show network, he turns into a psychopath and begins pursuing former quiz show contestants. When he captures them he toys with them by forcing his victims to answer moderately difficult trivial questions like who won the World Series in 1994? If they know the answer he lets them off with just a wedgie. But if they get it wrong, then it's game over.

Stars: Alex Trebek and Justin Bieber



IN THEATRES APRIL 27TH

YOU COULD WIN
A PASS FOR TWO TO SEE
SAFE!

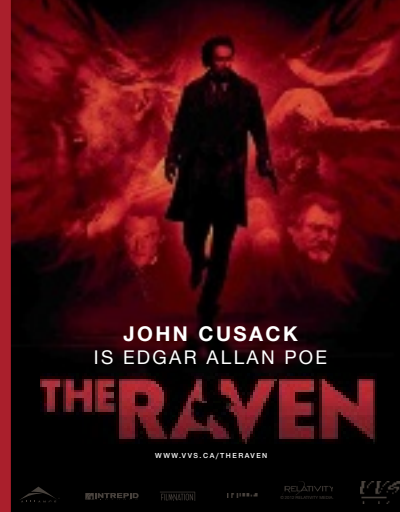
To register and for full contest details visit clubmetro.com

**Speedflirt**

Download and install the free app for your mobile device - available on the App Store or also available in Android Market.



FROM THE DIRECTOR OF V FOR VENDETTA
THE ONLY ONE WHO CAN STOP A SERIAL KILLER
IS THE MAN WHO INSPIRED HIM.



IN THEATRES APRIL 27TH

YOU COULD WIN
A PASS FOR TWO TO SEE
THE RAVEN!

To register and for full contest details visit clubmetro.com





Angelina Jolie and Brad Pitt ALL PHOTOS GETTY IMAGES

Brad finally puts a ring on it

After six children and seven years together, Brad Pitt and Angelina Jolie are engaged to be married, a rep for Pitt confirmed in a statement.

"Yes, it's confirmed. It is a promise for the future and

their kids are very happy. There's no date set at this time," the rep says.

Pitt reportedly popped the question with a \$250,000 ring, according to Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Diddy's uninvited house guest



THE WORD
Dorothy Robinson
scene@metronews.ca

A 30-year-old man has been arrested for trespassing at Sean "Diddy" Combs' East Hampton mansion, where he reportedly ate the hip-hop mogul's food, drank his liquor, tried on some of his clothes and then slept in his bed, according to TMZ.com.

Quamine Taylor, who reportedly has a history of mental illness, entered the vacant house through an unlocked basement door and was there for 24 hours before tripping an alarm.

But when police and an alarm company representa-



tive showed up, Taylor was able to convince them he had permission to be there. It wasn't until a caretaker arrived and called the police back that Taylor was arrested. Combs' rep had no comment.

Poor Quamine. If only someone had tipped him off that Combs' mansion was NOT a Notorious B&B, he wouldn't be in this mess.

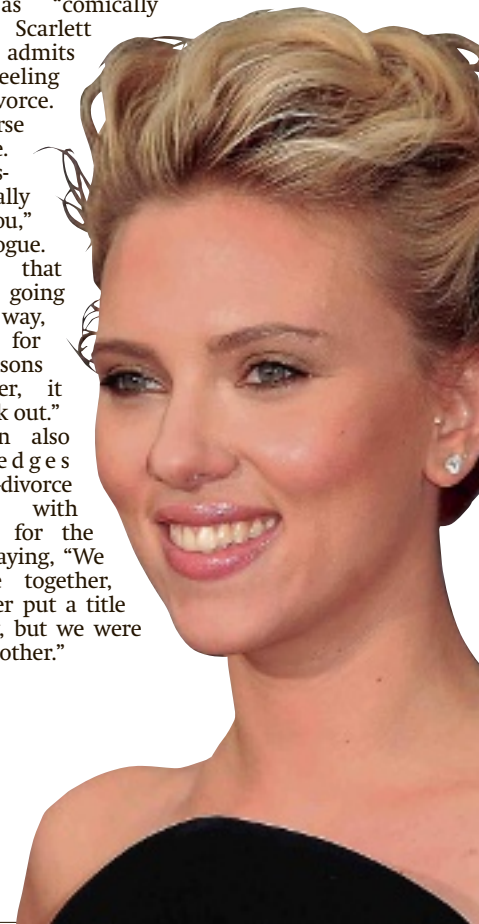
ScarJo opens up on 'horrible' divorce

Though she describes her split from ex-husband Ryan Reynolds as "comically amicable," Scarlett Johansson admits she's still reeling from her divorce.

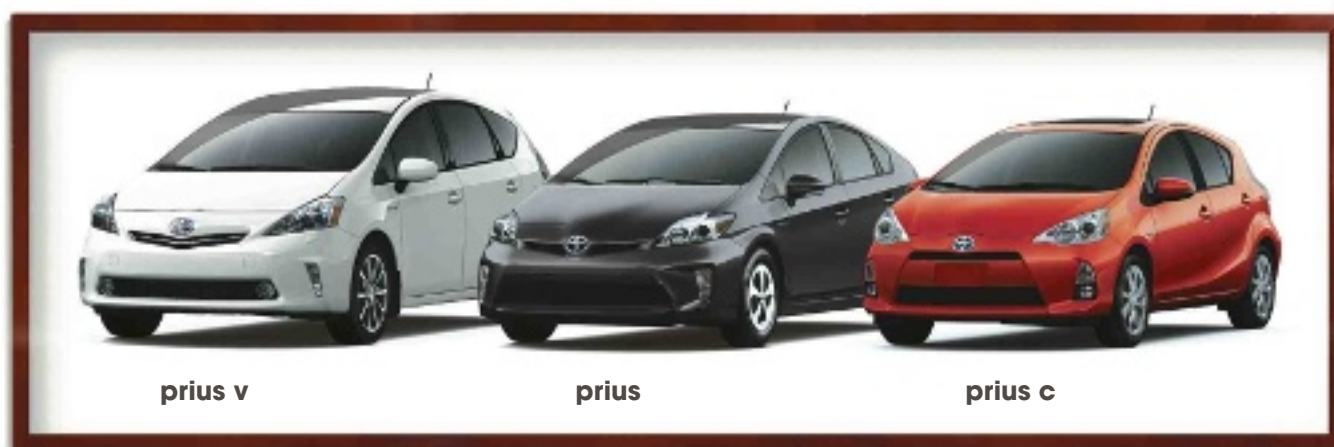
"Of course it's horrible. It was devastating. It really throws you," she tells Vogue.

"You think that your life is going to be one way, and then, for various reasons or whatever, it doesn't work out."

Johansson also acknowledges her post-divorce relationship with Sean Penn for the first time, saying, "We spent time together, yeah. I never put a title on it, really, but we were seeing each other."



enter the pick your prius contest for your chance to win a new family member.



prius v

prius

prius c

visit metronews.ca/pickyourpriuscontest to enter for your chance to win the prius of your choice*.

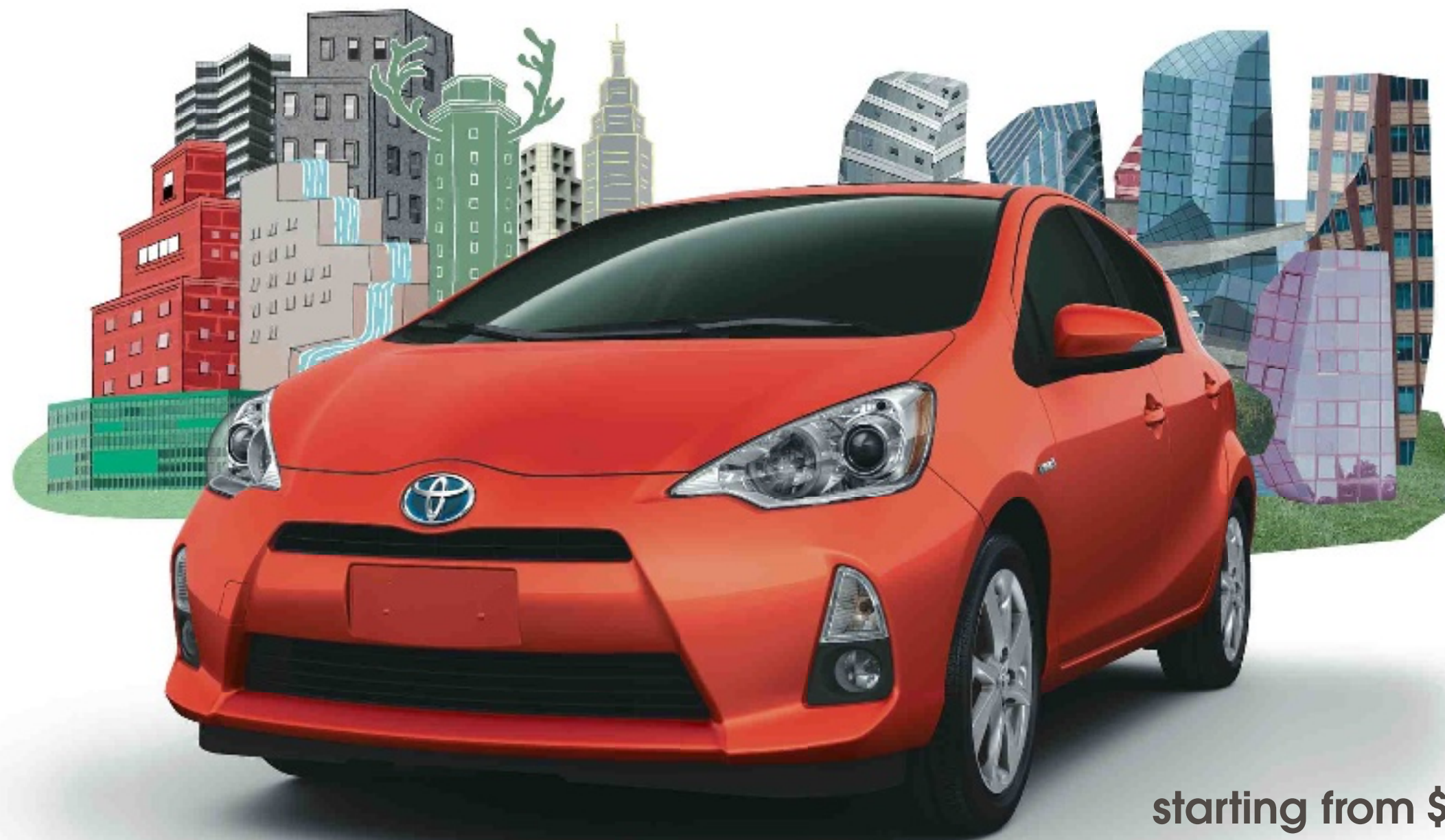


priusforeveryone.ca



prius c

clever, compact
and built for any city



starting from \$20,950[†]

we'd like to introduce you to the new prius c

- With a fuel-consumption rating of 3.5L/100km, it has the best city fuel efficiency of any vehicle without a plug.*
- It has an incredibly smooth ride. It's lighter than Prius, which allows for quick, nimble movement.
- With an MSRP starting from \$20,950[†], it's the least expensive hybrid in Canada.
- Its luxurious interior is just as impressive as its exterior. Get ready to turn heads and feel great every time you take it for a drive.

when it comes to premium subcompact vehicles, there's one thing that's been missing: Toyota's proven 3rd generation Hybrid Synergy Drive.

The Prius c is finally here, and it completely redefines what you'd expect from a premium subcompact hybrid. Not only is it packed with cutting-edge technology that includes a 3.5-inch full colour display and hands-free phone capability, its low center of gravity and sleek, aerodynamic body allow you to handle the tight corners and small spaces in any city. With Prius c, you'll feel like you completely own the road.

To see some incredible videos and to learn more, visit us at priusc.ca



toyota.ca

*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. †Prius c Technology model with Premium Package shown with a MSRP of \$25,340. MSRPs do not include freight and PDI (\$1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

3 LIFE

Girl power

Girl Guides set to gain various skills

Chocolate and vanilla sandwich cookies are on the menu as Girl Guides head out on their semi-annual selling spree. Girl Guide Cookies is the largest "girl-run" business in the country, Girl Guides of Canada said in a release. Each year more than 70,000 Girl Guides, from five-year-old Sparks to 18-year-old Rangers, gain financial literacy and business skills from selling cookies. Last year, members sold more than 112 million cookies, or 5,345,652 million boxes. "Each box of cookies sold supports dynamic Girl Guide programs and activities that encourage girls to develop their leadership potential, use their talents and push their boundaries while fostering their self-esteem," the organization said. THE CANADIAN PRESS

Just had a baby? Now munch on the placenta

Skin-care. More moms, including January Jones, are considering the benefits of their placenta, which many believe reduces the signs of aging and boosts energy levels

ROMINA MCGUINNESS
MWN in London, U.K.

Some mothers from all around the world have consumed their placenta for generations with little fanfare. Some say it's part of the natural process of giving birth that brings mother and child closer, others say it helps balance out hormones and fights postpartum depression, while some use it to fight aging.

But it was January Jones

who made after-birth such a hot topic when she admitted that eating hers, post-baby, helped her get camera ready weeks after the delivery. And it's now not just consuming your own placenta for the benefits: beauty products are popping up with placenta as its main ingredient.

But some skin-care experts, such as Madonna's facialist, Michelle Peck, is skeptical.

"I'm not saying I'll never try placenta pills, I just need more convincing. I'd like to see more concise information to back the health claims," she says.

Mark Kristal, a behavioural neuroscientist at the University of Buffalo, agrees.

"Even though there are benefits to mammalian mothers that eat placenta at delivery, there is no scientific evidence that there are any benefits to humans."

He goes on to point out that all of the gushing reports about



January Jones: Could placenta pills help you look like this? GETTY IMAGES

the benefits of placenta use have been based on anecdotes.

"I wouldn't recommend women take placenta pills, but that doesn't mean that at some time in the future, beneficial components might not be

extracted or synthesized and administered medicinally," he adds.

Either way, the trend is picking up steam, and it's up to each mother to decide what's best for them.

Yay or Nay

YES

PILLS: If you're curious about taking it orally, you won't have to worry about weird side-effects. "It causes no allergic reactions or fatalities in mothers," says New York-based skin-care expert Carole Burns. "The only women who aren't good candidates are those with hepatitis A, B, or C and HIV/Aids."

FACIALS: "You can take the dried powder and place it into a gentle base such as pure olive oil and put it on your skin. It's good for skin conditions such as eczema," says Jodie Selander, founder of PlacentaBenefits.info. Meanwhile, those who have tried the placenta facials offered in spas claim that the treatment hydrates skin, reduces sun damage and leaves skin glowing. Jennifer Lopez, is rumoured to be a big fan.

HAIR CAPSULES: It's packed with protein, which repairs damage from heat, colour and perms.

NO

PILLS: You have to have a baby to try them. Once removed after the birth, the placenta is then cleaned, cooked, dehydrated and made into capsules that mothers are required to take daily or anytime they're feeling run down. So you're basically eating your after-birth, which is a skeevy thought. Plus, the medical world isn't sure about the results yet.

FACIALS: Did we mention that the placenta in those spa facials comes from sheep?

HAIR CAPSULES: The after-birth is taken from sheep, pigs and ox, which could make for a creepy thought the next time you're slathering on the hair treatment in the middle of your bath.

PLACENTA PILLS, FACIALS AND HAIR CAPSULES

ROMINA MCGUINNESS
MWN in London, U.K.

Parenting

Kid on a leash?

CAROLYN DREBIN
Mommyish.com

Since having kids, I've been freaked out by traffic. Parking lots, busy streets, even driveways have become safety hazards for me when I'm out with my children.

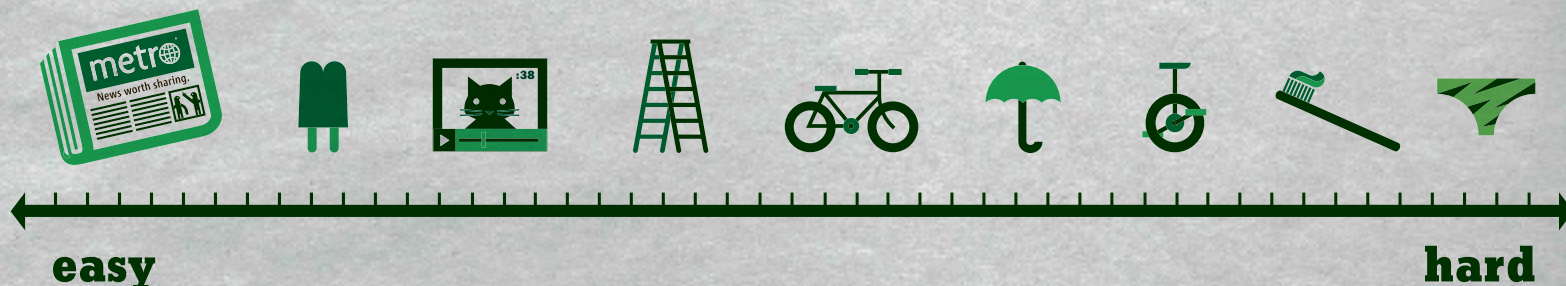
When each boy started nursery school, they developed an insatiable appetite for freedom. The preferred destination? Parking lots. I remember picking up my eldest, now nine, from school and within seconds of leaving the building, he'd be heading straight into the carpool lane. Needless to say, the vice-grip-hand-hold became de rigueur. It was a phase he eventually grew out of — but not before teaching his younger brother exactly how it was done.

And so, by the time my second son, now 7, started nursery, he too hit the streets whenever possible. But with him, I was prepared. My quick-draw-McGraw reflex to grab him surprised even myself. But what was I going to do? Use a leash? No way. I'd seen those parents. The relaxed ones. The ones walking through malls, airports, even parks, while their little ones meandered happily. On their leashes. I couldn't help but stare. And judge. These were children, not pets.

And then my 3 year old discovered the joys of the open roads. A few weeks ago he disappeared. My husband and I had taken separate cars to a party. My son insisted on going home with his daddy, so I left. Moments later my man called, asking me if I'd taken our youngest son home. Luckily, the mad dasher was found by a lovely woman.

I'm now reconsidering my view on the leash.

Sharability



'Don't close your mind to opportunity'



Dave Lingwood, left, Duncan Penn, Ben Nemtin and Jonnie Penn. CONTRIBUTED

Tips

Jonnie Penn's tips to motivate you to go after your dreams.

- Think about it as a project. If you have a dream, often it will stay a dream. If you think about it as a project you start figuring out how to accomplish it.
- Be persistent. "No" doesn't mean no, it just means "not now."
- Just do it. Don't over think it because you're going to die one day. What the hell, right?

Quote

"You really can accomplish whatever you want to."

Jonnie Penn

Dream chasers.

Looking for a way to make your dreams come true? Want to give your kids some motivation? Read on

DELIA
MACPHERSON
For Metro

For a young man of only 25, who, so far, has led a pretty exciting life — he's even played basketball with a U.S. president — Jonnie Penn sure talks a lot about death.

"I personally don't believe in 'seizing the day' or living every day like it's your last," says one of the members of The Buried Life.

"You burn yourself out living like that. It's more about 'don't close your mind to opportunity.'"

The Buried Life, the reality documentary series that began six years ago in Victoria, followed Penn and his three friends as they attempted an ambitious mission: to complete a list of 100 things to do before they die.

And if this wasn't enough of a challenge, for every goal they checked off their list they helped a stranger fulfill one of their dreams, too.

The brave and-wise-beyond-their-years gang did what so many of us only dream of doing: they said "screw it" to their boring



Live every day like it's your last, just like The Buried Life. CONTRIBUTED

everyday life and went out to do something meaningful.

And as well as a TV show, the group recently launched an inspirational picture book called What Do You Want to do Before You Die? This No. 1 New York Times best seller includes more than 100 illustrated answers to the title question, submitted by people all over the world.

"When we (The Buried Life) wrote out the list, we felt we could do anything. We really believed it. We wanted to give people that feeling," says Penn.

A look back

All this is the present. Back then Penn was broke and living out of his friend's closet. All four of the guys were going through a rough time in their lives: 50-pound weight gain, depression, no money, and death of a friend.

Their 100 list included such things as getting on the cover of Rolling Stone, kiss the Stanley Cup, deliver a baby, and play ball with the president. For Penn, the last on that list takes the cake.

"It was the closest I've come to living like Forest Gump," Penn says. "With

Obama, that took two years of work. The game was never supposed to happen. The White House rejected us. The president himself saw the project on TV and made it happen. He was like the coolest dad you've ever met."

The Buried Life overcame a number of obstacles, such as their lack of money, and used their creativity in order to live out their dreams. They threw big parties and taught ESL courses to help raise funds.

Penn says, if you don't know where to start, "start with your friends."

Are you or
someone you care
about struggling
with a drug or
alcohol problem?

Drug & Alcohol Helpline
1-800-565-8603
www.drugandalcoholhelpline.ca



Hearty, healthy and light



This recipe serves six. THE ASSOCIATED PRESS H/O

German Pork Stew. You don't have to ruin your diet to enjoy a hearty meal

It's still cold out. You want something hearty. But you're also trying to eat better and don't want to ruin your diet by diving into a cream-laden casserole.

A lean stew may be just the thing you need. Instead of being heavy, it's hearty with

virtuous veggies, lean protein and warm seasonings.

1. Cut tenderloin into slices 4 cm (1 1/2 inches) thick. In a bowl, toss sliced pork with olive oil.
2. Heat a large saucepan over medium-high. Add pork and brown, 2 to 3 minutes per side. It does not need to cook through. Add onion and leeks and continue to cook until vegetables soften and begin to brown, 5 to 6 minutes.
3. Add caraway seeds, fennel

seeds, celery seeds, mustard, black pepper, orange zest, orange juice and chicken broth. Bring to a boil, cover and reduce heat to maintain a simmer. Cook until pork is very tender, 15 to 20 minutes.

4. When pork is tender, use a slotted spoon to remove meat from liquid. Using 2 forks, shred pork to bite-size chunks, then return it to the pot. Add sweet potato, cabbage and celery. Continue to simmer until vegetables are tender, about 15 minutes.

Ingredients

- 500 g (1 lb) pork tenderloin, trimmed of fat
- 5 ml (1 tsp) olive oil
- 1 medium yellow onion, diced
- 2 leeks, white parts only, sliced
- 10 ml (2 tsp) caraway seeds, crushed
- 5 ml (1 tsp) fennel seeds, crushed
- 1 ml (1/4 tsp) celery seeds
- 15 ml (1 tbsp) Dijon mustard
- 5 ml (1 tsp) ground black pepper
- Zest and juice of 1 orange
- 1 l (4 cups) low-sodium chicken broth
- 1 large sweet potato, peeled and diced
- 375 ml (1 1/2 cups) shredded cabbage
- 2 stalks celery, diced
- Salt, to taste
- 125 ml (1/2 cup) fat-free plain Greek-style yogurt
- 30 ml (2 tbsp) ketchup
- 30 ml (2 tbsp) sweet pickle relish
- Chopped fresh dill, to garnish

Season with salt.

5. In a small bowl, stir together yogurt, ketchup and relish. Serve stew topped with a dollop of the yogurt mixture and a sprinkling of fresh dill.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Many people turn to Tim Hortons for a quick lunch, but the wrong choice can pack a real sodium punch. Here's what to watch for.

Ham and Swiss Sandwich

370 calories / 11 g fat / 1,180 mg sodium

This classic sandwich consists of salt-filled smoked ham and Swiss cheese, which is the reason you're getting ¾ of a day's worth of sodium. The ranch dressing also added increases the calories and fat.



Equivalent

Equivalent to almost two boxes of Triscuit crackers in sodium.



BBQ Chicken Wrap

190 calories / 4.5 g fat / 630 mg sodium

Grilled chicken with BBQ sauce gives you half the calories, fat and sodium.



Pork Burgers with Mango Salsa. Fresh and flavourful on the grill



This recipe serves four. THE CANADIAN PRESS H/O

Ingredients

- 1 onion, grated
- 30 ml (2 tbsp) mango chutney
- 2 cloves garlic, grated
- 30 ml (2 tbsp) chopped fresh oregano or 10 ml (2 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground black pepper
- 500 g (1 lb) lean ground pork

Mango Salsa

- 1 mango, peeled, pitted and diced
- 1 jalapeno pepper, seeded and minced
- Half red bell pepper, diced
- 30 ml (2 tbsp) chopped fresh cilantro
- 1 small clove garlic, minced
- 2 ml (1/2 tsp) grated lime rind
- 30 ml (2 tbsp) lime juice
- Pinch salt

Salsa: In a bowl, combine mango, jalapeno, red pepper, cilantro, garlic, lime rind and juice, and salt. Cover and refrigerate for up to 4 hours.

Burgers: In a large bowl, combine onion, chutney, garlic, oregano and pepper. Add pork and, using hands, mix

together until well distributed. Shape into 4 patties, each about 2.5 cm (1 inch) thick. Place burgers on greased grill over medium-high heat (or under broiler) and grill, turning once, for about 15 minutes or until no longer pink inside. Serve topped with salsa.

ONTARIO PORK/THE CANADIAN PRESS

Chipotle peppers add heat to Mexican pasta and pork

Pay no attention to the many shelves of faux salsas (blueberry-pineapple? Really?) and shove aside all those cans of low-fat, low-sodium, no-flavour refried beans.

For this week's under-appreciated ingredient, you will need to dig a bit deeper into your grocer's Hispanic section. Your goal? Mexico's gift to high-flavour cooking — chipotle peppers in adobo sauce.

Typically sold in 199-gram (7-ounce) cans, these not entirely attractive (truth is, they look a bit prune-like) peppers pack gobs of smoky, chocolatey, slightly sweet piquancy.

This weeknight meal comes together and has a kick of heat and smokiness from the chipotle pepper and adobo sauce.

1. In large pot of boiling salted water, cook pasta for about 10 minutes or until tender but firm. Drain well and return to pot, drizzle with olive oil, then toss and set aside.

2. Meanwhile, in a food processor, combine barbecue sauce, chipotle, adobo sauce and lime juice. Process until smooth. Add pork, then pulse until well chopped, but

Ingredients

- 340 g (12 oz) pappardelle pasta
- 7 ml (1/2 tbsp) olive oil
- 250 ml (1 cup) prepared barbecue sauce
- 1 canned chipotle pepper in adobo sauce
- 5 ml (1 tsp) adobo sauce
- 5 ml (1 tsp) lime juice
- 500 g (1 lb) boneless pork loin chops
- 15 ml (1 tbsp) canola oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- Sour cream
- Chopped fresh chives

not ground. Set aside.

3. In a large skillet over medium-high, heat canola oil. Add onion and pepper and sauté for 6 minutes. Add pork mixture and simmer for about 6 minutes or until pork is no longer pink inside and sauce thickens.

4. Serve pork over pasta. Top each serving with a dollop of sour cream and a sprinkle of chives.

THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE VISIT, EMILYRICHARDSCOOK.CA)

Chipotle Barbecue Porky Pappardelle



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

Queen of Green

Something borrowed, something green



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What can I do with my old wedding dress?
Jackie of Vancouver

Have you ever heard of

upcycling? It's a form of recycling.

You take something that you might have otherwise thrown out and find a way to make it new again!

First, take your old dress and have it wet-cleaned — dry cleaning's greener cousin that doesn't use harsh chemical solvents.

Then find a seamstress to update the style.

A good seamstress can shorten or dye your dress after the big day so it can be worn again.

If your dress is quite

dated, perhaps there are only components that might be re-purposed, like the skirt or veil.

If your dress is from a more recent era, check out SmartBrideBoutique.com (@Smartbride on Twitter).

They consign dresses online, making it easy to find a home for your old dress or shop for a new one.

Today's green brides can also choose from eco-friendly organic cotton, linen, vintage lace or silk.

And locally produced is best.

Dresses labelled Made in the U.S. or Europe may actually originate somewhere else.

They just get shipped to the claimed location for "finishing."

Look for a label sewn in. And choose eco-friendlier silks — they're less processed and rougher in texture.

Peace silks are often the most sustainable.

The moth leaves its cocoon and lives out the last five days of its 70-day life cycle.

The silk is collected and woven on hand looms, mostly throughout northern India.

Many small villagers still harvest wild silks — often a natural golden colour.

Standard factory silk is the most processed of all of them.

Worms are hatched inside large warehouses and fed mulberry leaves.

Once the cocoons are complete — before the moths escape — they're boiled. This "natural fibre" never sees the light of day.



There are lots of options for dealing with your old wedding dress. ISTOCK PHOTOS



For more information of smaller power grids, check out smart-microgrid.ca. ISTOCK PHOTOS

Smaller power grid, surer power

Go smarter, go smaller. The future is now with the advent of microgrids that will replace aging infrastructure

BEN KNIGHT
life@metronews.ca

One of the biggest problems facing our current electrical grid is its sheer size. Continent-spanning transmission grids require huge amounts

of aging infrastructure, and waste eight per cent of all electrical power just moving it from one place to another.

The brilliant and imminent solution? Go smarter — and smaller.

"The whole idea of smart microgrids basically came to the fore when the utilities started looking at the possibility of overhauling their systems with new technologies and approaches," says Dr. Hassan Farhangi, director of the Group for Advanced Information Technologies at the British Columbia Institute of Technology (BCIT).

Numbers

67%

Amount of energy wasted as heat when carbon-based fuel is converted into electricity at a conventional power plant.

"One of the most important aspects of microgrids is service surety. You have a level of reliability that is unprecedented."

A smart microgrid is small and self-contained. It can include its own generation capacity — solar or wind, most likely. While it is connected

to the larger grid, it will — in the near future — be able to function on its own.

"BCIT has a large campus in Burnaby with over 60 buildings," Farhangi says. "For the last five years, we have worked to convert this campus into a smart microgrid. The skeleton of a smart microgrid is already operating on campus."

The work is still in progress. BCIT consumes six megawatts annually, and is presently producing less than one. But all the technology needed to take this forward already exists.

"Microgrids are really a convergence of information technology, communications technology and power systems. These existing technologies need to be re-engineered and repurposed for application within a microgrid."

The potential savings are impressive. Farhangi notes that, in a conventional fossil-fuel generating plant, only 33 per cent of the available energy is actually converted into electricity. In a vastly smaller microgrid, this lost heat can be captured and distributed as power.

"Like any electrical system, microgrids are not immune from the well-known faults that you can have," he explains. "But the beauty of this is that any fault that happens is contained locally, and does not contribute to a domino-style of catastrophe across the entire system. If something happens, it's local and you deal with it locally."

For now, this is mostly in the future. But it's a future that will be arriving soon.

"Microgrids are up and coming," Farhangi says. "And investment across the country will be growing."



Andrew Dorfman takes a break from his alter ego, PigMonkey, in Halifax. ANDREW VAUGHAN/THE CANADIAN PRESS

Pitting geeks against the nerds

Live comedy-debate. Halifax improv show has contestants throw down for the honour of being the geekiest

It's long been the clichéd and tired symbol of bespectacled, pen-toting geeks.

So when comedian Andrew (PigMonkey) Dorfman set out to create Geeks versus Nerds, a live comedy-debate show in Halifax, he decided to reclaim the pocket protector for every self-professed nerd out there.

"We're taking it back!" says Dorfman, sporting a

black T-shirt bearing the show's logo: the outline of a white pocket protector, replete with pen and pencil.

"I like challenging people's presumptions."

Raised on comic books and science fiction, Dorfman, 39, is among an aging generation of self-described geeks and nerds who are proudly embracing their quirks and obsessions.

Dorfman came up with Geeks versus Nerds in 2008 after musing about who would win in a fight: Boba Fett from Star Wars or Batman, the Caped Crusader.

The show, held monthly at Dalhousie University and recorded for podcasts, pits panellists against each other

as they debate the merits of superheroes, villains and everyone in between.

More than 100 fans typically show up to cheer on their pick, whether it's the best modular hero (Marvel's Iron Man versus Transformers' Optimus Prime), or the whiniest teen prodigy in space (Anakin Skywalker of Star Wars versus Wesley Crusher of Star Trek.)

The goal was to reach out to like-minded people and bust stereotypes.

"If you listen to the show, you will learn that geeks are eloquent, they're smart, they're funny," says Dorfman, the show's host and producer.

"They're just really good people who cross all stratum

of society and you wouldn't know."

With the popularity of sitcoms featuring nerdy characters, series that delve into the realm of fantasy and science fiction, and conventions like Comic-Con, some say geeky has finally gone mainstream.

As a high school student in the late 1990s, Florence Hansen lamented the lack of nerdy knick-knacks available in New Brunswick and longed for anything related to science, comic books or video games.

She just didn't talk about it.

"Back in the day it wasn't popular, so I kinda kept it on the down low," Hansen, 30, says with a laugh. "But I was

always a geek at heart."

Four years ago, Hansen and her science fiction-loving husband, Luke, opened the Geek Chic Boutique in downtown Fredericton in the hopes of drawing out closeted nerds.

The shop — which proudly dubs itself the geekiest store in Canada — sells everything from Battlestar Galactica board games to belt buckles that look like original Nintendo controllers.

"Geeks are becoming popular," says Hansen. "There's been a huge response, from four-year-old kids to people in their '90s. We seem to have a huge geek population that supports us."

THE CANADIAN PRESS

Geeking out

Dorfman attributes much of the progress to the fact that geeks have grown up and are now the power spenders of society.

- It's a geeks world. An entire generation who got hooked on Star Wars as children and devoted hours to playing Dungeons & Dragons are now adults who are no longer inhibited by insecurity and school bullies. Furthermore, Dorfman says grown-up geeks want to spend money on geeky things.

Become a Health Industry Professional!



Health Office Administrator - 41 Week Diploma Program

The **Willis College** Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.

613-233-1128 • www.williscollege.com

Ottawa • Smiths Falls • Toronto • Cobourg • Thunder Bay • Barrie • Sault Ste. Marie



WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Taking your love of wine to a whole new level

Raising a glass. The wine industry requires a special knowledge base, apart from a business education

BRUCE WALSH
Metro World News

Twelve years ago, Liz Thach left her career in corporate human resources, moved to Sonoma Mountain, Calif., and started a new career in the wine industry. Currently, she is professor of management and wine business at Sonoma State University.

She gave us the low-down on all things wine.

What's the best way to get started in the industry?
There are many jobs in the industry that are not at a win-

ery: wine shops, restaurants, distribution, suppliers...

It tends to be a small family-oriented business, so developing relationships goes a long way. Developing

a background in wine helps you speak the language.

Continuing education is a wonderful start (see sidebar). If you want to be a wine-maker, you're going to have



A background in wine helps you speak the language. PHOTOS COURTESY ISTOCK

to get a degree in it or work your way up as an apprentice. Working in a tasting room is one of the best places to start.

Why does the wine industry require a special knowledge base, apart from a standard business education?

There are more than 60,000 different wine labels out there.

There's no other industry that can be so confusing, from a marketing and sales standpoint. Music is the only industry with more labels than wine. Plus, it's a regu-

lated industry.

How is the culture of the industry different from the typical business environment?

So many people want to work in the industry because of the romance associated with wine and the beauty.

It doesn't pay as much as high-tech or biotech. But most vineyards are in the most beautiful places in the world. Lovely buildings, nice architecture. It's a nice lifestyle. So there's a trade-off there.

Know your grapes

Programs in winemaking

- **Degrees.** Cornell, Fresno and University of California, have revered programs in winemaking at the bachelor and master's levels.
- **The Society of Wine Educators.** www.societyofwineeducators.org is a non-profit that specializes in certifying wine specialists at various levels.

Act, don't plan, when it comes to your work future: author

Books. An inspiring read for anyone looking for a career they're passionate about

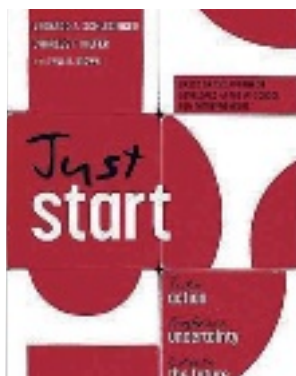
Charles F. Kiefer co-founded Innovation Solutions in 1976, a management consulting company that became a forerunner of organizational learning philosophies in business.

Now Kiefer – along with

co-writers Leonard A. Schlesinger and Paul Brown – has developed a new strategy. But this one isn't for the C-suite.

Their new book, *Just Start: Take Action, Embrace Uncertainty, Create the Future*, is a message for anyone attempting a career in a field they're passionate about.

The inspiration came in 2010, when Kiefer read Sara D. Sarasvathy's *Effectuation: Elements of Entrepreneurial Expertise*.



"I was 50 pages in, and it was really the most dense, unreadable book I think I've read in my professional career – and this is coming from someone with a degree in theoretical physics from MIT!" explains Kiefer.

"But at some point the bell went off in my head and I said, 'This is really the best, most insightful explanation of who an entrepreneur is, that I've ever read.'"

BRUCE WALSH

APPLY TODAY
START IMMEDIATELY

\$950 WK/AVG

No experience required • Training for accepted applicants
Students 18+ also welcome • Scholarships available

613-288-5152

SL Success Language School
"Bilingue en peu de temps"
HULL • OTTAWA • ORLEANS

LEARN FRENCH TO GET THOSE OTTAWA JOBS

177 promenade du Portage (across from Place du Portage govt bldgs) – **DAY**
St. Laurent Mall (at Herzing College) – **EVENING**
Six-week mini-immersions • Private/Semi-Private Lessons

BEGINNER, INTERMEDIATE, ADVANCED • SMALL CLASSES • FREE EVALUATION

"A public service commission diagnostic test recommended that I would need 840 hours of training to obtain my required profile. My total training hours were 174 and a final profile of CBB. I highly recommend Success Language School and the methodology used for those wishing to attain their linguistic requirements in a timely, effective manner." Drew – Federal Government Employee

www.successlanguageschool-ecolesucces.com • 613.795.5773

monster.ca

Who has time to stand in long lines waiting to speak to recruiters?

Skip the line. Go straight to the front!

Monster Virtual Career Fair, April 16th – 22nd

REGISTER NOW!

www.monstervirtualcareerfair.ca

Teach English Abroad
Begin living a meaningful **Life...**



Spring TESOL course starts this Tuesday, April 17th at 5:30 pm

Seats available! CALL NOW

info@unitedtesol.com | 613-562-1692



United TESOL
International College of Teacher Training

Teach in: Costa Rica, Japan, Mexico, Brazil, Kenya, Spain, Colombia, Peru, Egypt, China, Poland, etc...

41, York St. 4th floor, Ottawa

A Hollywood legend on surviving constant change



Debbie Reynolds, at 80 years old, is still performing. H/O

Debbie Reynolds.

At 80, she's learned something about getting the most out of life at any age



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Debbie Reynolds' career as an actress and singer has spanned six successful decades. Now as she turns 80 she is still entertaining and will be coming to Toronto on May 3rd to be the guest speaker at the March of Dimes Ability and Beyond Gala. As she looks back on her life and career, she says resiliency and being able to adapt are keys to long-term success.

"I think I am most proud of my ability to survive and live through each changing decade."

"America's Sweetheart" burst onto the Hollywood scene in the 1950's after lead-

ing roles in the musicals Singing in the Rain and Tammy and the Bachelor. As her star rapidly climbed in Hollywood, her marriage to singer Eddie Fisher famously dissolved after he fell in love with Elizabeth Taylor. Two more marriages over the years would end, leaving her in financial ruin.

"I constantly had to adapt, have patience and love to get through each challenging era and to maintain my sanity!"

She also took care of her family members as they aged and grew ill.

"My grandmother and grandfather lived with us and when I was 14, my mother started getting ill, having seizures and heart trouble, so I began to take care of her. I looked after my mother-in-law until she was 97 and my drama coach until 96. If people can stay in their own familiar, loving surroundings, they do much better than if they're feeling abandoned. And that is what March of Dimes does for the people it serves; it helps care for people, and keeps them in their homes."

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



PART-TIME EVENING CLASSES NOW AVAILABLE

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

WE MEAN BUSINESS AT EVEREST COLLEGE



Call Now for More Information!
1-866-475-3192
www.EverestCanHelp.ca

Everest
COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

OTTAWA EAST • OTTAWA WEST
16 Convenient Locations in Ontario
Providing Quality Education in Ontario for More Than 40 Years

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Programs and schedules vary by campus.

Random acts of kindness

Community. Volunteering is infectious, filling others with sense of generosity, good will, hope

KELLY PUTTER
For Metro

Volunteering is the glue that holds a community together.

And it can be argued that communities today are only as healthy as the scope and sophistication of their volunteer efforts.

Giving of your time and effort allows you to better connect with the people in your neighbourhood or community. Who knows? By volunteering at, say, the local humane society you have opened the door to building valuable friendships with like-minded animal lovers.

Volunteering is infectious as it fills others with a sense of generosity, goodwill and hope. When we see concerned citizens give of their time, effort and possessions, we become inspired and touched by their selfless good deeds. At the same time, when we see how difficult life is for those

Questions

To determine what kind of volunteering is for you, ask yourself the following questions:

- If you had all the time and money in the world, what problem would you like to solve?
- How much time can you commit?
- Do you have specific skills or talents you would like to share?
- What don't you want to do as a volunteer? Identifying your dislikes will help determine what you want to do.

in need, we can't help but be thankful that our lives aren't as dire.

It's also a terrific builder of self-esteem, self-respect and



National Volunteer Week takes place from April 15-21. ISTOCKPHOTO/THINKSTOCK

confidence. Let's face it, philanthropy makes people feel good about themselves.

The act of giving is validating to both the giver and receiver. It shows us the world is generally a good place filled with humane people who care about friends, neighbours and even strangers.

Volunteering can also help

you build upon the skills and talents you already have. What better way to improve your abilities than by using them to benefit the greater community? As a professional who volunteers you raise awareness of your favourite cause or event, while developing, for example, your public speaking and marketing skills, which,

in turn, helps your professional career.

Whether you are selling raffle tickets for a draw, helping run a small agency as a board member or serving food to the needy, remember that your efforts not only serve to inspire you, but others as well. There's nothing like starting a rippling effect of kindness.

Power of the people

National Volunteer Week (NVW) is really about the power of people.

As Canadians, our culture overflows with people power when it comes to community involvement and lending a hand.

National Volunteer Week honours the 12.5 million volunteers who give of their time and energy in a multitude of areas that include, but are not limited to, community health, sports and recreation, heritage and arts, environmental causes, disaster relief and international development. The list is virtually endless.

National Volunteer Week takes place from April 15-21. This year is the 68th annual event and as Canada's largest celebration of volunteerism, it's when registered charities, not-for-profit organizations and volunteer centres pause to thank and recognize their volunteers.

KELLY PUTTER

Future volunteers. Make a positive impact on your child

Share the joy of spring by encouraging your children to get involved in their community. Helping people not only has a positive impact on your child, but also the lives of others in your community.

Here are some tips on how you and your family can help better your community:

Plan a volunteer day

Pick an organization and plan a family volunteer day. Suggest serving food at a soup kitchen or planting flowers for the elderly. Volunteering is a rewarding experience for all involved that will help your child realize that even one person can make the world of difference in your community.

Clean a local park

We all wish for a brighter and cleaner future for our children, so why not let them play a part in shaping this change?

Pick a day to go to the nearest park or playground and organize a cleanup of the area. Bring a few bags to collect garbage and recycling — you might surprise yourself on how many cans you find.

Support an organization that gives back

Some organizations are



Share the joy of volunteering with your children. NEWS CANADA

standouts. For example, click on the Kinder Facebook page and join the "A Joy to Share" program, which supports Children's Miracle Network and its 14 member hospitals across Canada.

You can help children

like two-year-old Olivia, who suffers from a rare blood disorder called Pearson's Syndrome and receives special care from the Janeway Children's Health and Rehabilitation Centre in Newfoundland and Labrador. NEWS CANADA

She got to hear inspiring community stories. We got a dedicated volunteer audio operator.

VOLUNTEER BÉNÉVOLES CANADA

NATIONAL VOLUNTEER WEEK April 15-21
Together, Rogers TV and thousands of volunteers across the country create compelling TV for the communities we serve. We sincerely thank them for their dedication, ideas and enthusiasm. For more on volunteering at Rogers TV, visit us online.
rogers.com/volunteer

ROGERS TV

local matters

ROGERS

© 2012 Rogers Communications.

4

SPORTS

Senators preview

New York at Ottawa
7:30 p.m.
(CBC)

The Senators host the Rangers with a chance to take a 2-1 series lead at home after Chris Neil scored in overtime on Saturday in Game 2. Henrik Lundqvist has been the better goaltender so far this series, stopping 59 of 64 total shots. Brian Boyle has scored in each of the first two games. New York is 1-for-8 on the power-play so far, while Ottawa is 1-for-7. **THE CANADIAN PRESS**

Quoted

“We’re approaching it that the 13 (healthy) guys we have now are who we’re going to have the rest of the season and in the playoffs.”

Orlando Magic coach Stan Van Gundy saying Sunday that he’s preparing to play the rest of the regular season and playoffs without Dwight Howard. The star centre missed his fourth straight game with a back injury Sunday, a 100-84 Magic win over the Cleveland Cavaliers. He was diagnosed with a herniated disk last week. Howard will rest the injury for 10 days and then be re-evaluated. Van Gundy said before Sunday’s game that he would consider it a bonus if Howard or forward Hedo Turkoglu, who is sidelined with a facial fracture, return at some point this season.

On the web



The Roger Clemens perjury trial is set to return to court Monday, nine months after prosecutors made a gaffe that led to a mistrial. U.S. Judge Reggie Walton said it was a mistake even a “first-year law student” wouldn’t make. Scan the code for the story.

Senators bare their teeth

NHL. Ottawa answers bell in Game 2 win, but questions surround Alfredsson’s availability for Monday’s tilt

A day after the Ottawa Senators evened up their best-of-seven Eastern Conference quarter-final with the New York Rangers at a game apiece, the talk included Brendan Shanahan as much as it did Chris Neil’s Game 2 winner.

Both Carl Hagelin of the Rangers and Matt Carkner of the Senators received suspensions from Shanahan, the NHL’s head disciplinarian.

Hagelin was banned three games on Sunday evening for an elbow to the head of Senators’ captain Daniel Alfredsson in the second period, knocking him out of the game.

Carkner, meanwhile, will sit one game after also receiving an instigator penalty, fighting major and game misconduct for pummelling Rangers’ forward Brian Boyle early in the first period on Saturday. That came in response to Boyle delivering several jabs to the head of Senators’ defenceman Erik Karlsson in Game 1.

Boyle never dropped his gloves or threw a punch during the altercation with Carkner, which sparked Ottawa’s 3-2 win.

“We discussed the incident this morning and I pleaded my case and now he’s going to figure out what he’s going to do,” Carkner said of his conversation with Shanahan before he was suspended.

“Basically it was an instigated fight and I got the game misconduct as well and I got kicked out so I think that’s enough,



Ottawa’s Chris Neil celebrates his game-winning overtime goal against the Rangers Saturday at Madison Square Garden. **BRUCE BENNETT/GETTY IMAGES FILE**

but we’ll see.”

Hagelin apologized earlier in the day and hoped to avoid punishment beyond the major penalty he served Saturday night. But instead, he will miss the next three games of the best-of-seven series.

“Basically that’s what we’re shown not to do. Alfie was trying to get out of the way and you could see Hagelin reach in and targeted the head,” Carkner said of Hagelin’s hit.

Carkner also received praise from his teammates and coach for his actions Saturday.

Quoted

“We wanted to be more physical as a group. We came out and set the tone and it paid off for us.”

Senators forward Chris Neil, who scored the game-winning goal in Saturday’s 3-2 win in New York.

“Matt came out and did what he had to do and you can’t say enough about it. You need to play tough out there and we did that as a group,” said Neil, who also fought Boyle on Saturday night.

While no one was talking specifics about Alfredsson’s

health Sunday, his loss would be a huge blow to a young Senators’ group that is trying to upend the conference’s No. 1 seed. They are hoping, however, that the home crowd will be able to give them a boost.

“We’re excited to see the reception we get here at home

and now we have the opportunity to use the crowd to our advantage and hopefully they give us that extra bit of energy to take control of the series,” Senators’ forward Jason Spezza said.

“You never want to see your captain down and Alfie doesn’t stay down unless he’s hurt so it was a scary moment for us. He’ll be resting today and we’ll see where it goes but it was definitely a dirty hit and a dangerous play and you never like to see a guy get hit like that.”

THE CANADIAN PRESS

‘Family’ values instrumental in Game 2 win



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

Quoted

“Whether you agree or disagree with the antics of the Senators’ physical defenceman ... (Carkner’s) ejection appeared to inspire his Ottawa teammates.”

Intense rivalries are born from playoff matchups. The Battle of Ontario was more of a skirmish until the Senators met the Leafs in the post-season. The same can be said from Ottawa’s four playoff meetings with Buffalo. However a few schoolyard noogies by six-foot-seven, 244-pound Ranger Brian Boyle targeting the head of Erik Karlsson in Game 1 changed all that was meek and mild about a Senators-Rangers matchup. This event set the tone: Intimidation was in play for New York. Coach John Tortorella’s ploy succeeded, rendering Karlsson and several of his mates ineffective in the opener.

However in Game 2, Sen-

ators coach Paul MacLean had an answer. MacLean, who compiled 968 penalty minutes during his career, took a page from Tortorella’s book and inserted toughness into the lineup in the forms of Matt Carkner and Zenon Konopka. The NHL’s second-most penalized team was armed for bear. It took Carkner all of 39 seconds of ice-time to avenge Karlsson by turning Boyle into his personal punching bag. For his pugilistic effort, Carkner



Senators and Rangers players pile on top of Matt Carkner and Brian Boyle during an altercation on Saturday. **BRUCE BENNETT/GETTY IMAGES FILE**

was ejected and the Senators were forced to kill off a major penalty. Whether you agree or disagree with the antics of the Senators’ physical defenceman, retribution has become a regular occurrence in hockey. The Winchester, Ont., native’s

ejection appeared to inspire his Ottawa teammates.

If that didn’t, Ranger rookie Carl Hagelin’s head shot on Daniel Alfredsson surely did. Hagelin, a fellow Swede who spent a paltry 24 minutes in the “sin bin” all season,

knocked the Senators captain from the game. Down 2-1 with four minutes remaining, Nick Foligno sent the game into overtime, setting the stage for another tough guy, Chris Neil, to score his first winner in 76 post-season games, evening the series at one.

Alfredsson was reportedly feeling better Sunday, but his status for Game 3 on Monday remained unclear. The Senators are currently wearing T-shirts that read “Family” with 16 check-boxes on them, symbolizing the number of wins required to hoist the Stanley Cup. With one box filled, there are 15 to go. While the odds are against the Senators to claim the ultimate prize, for one night they pulled together when their patriarch went down, just like you’d expect of family. And the Sens sent the message: They won’t back down.

Flyers grab Pens by scruff of the neck

NHL. Philadelphia fans serenade Pittsburgh with chants of 'You can't beat us' at end of another wild game

Fists were flying faster than shots on goal. Sidney Crosby and Claude Giroux even became knotted in the pushing, pulling and shoving, a pair of superstars willing to mix it up to prove which team was the baddest on the ice and the scoreboard.

The Penguins and Flyers



talked trash, laid the smack down, and played one wildly entertaining game. The result was still the same. The Flyers rallied from another early deficit for a decisive Game 3 victory that placed them on the brink of an improbable

sweep. Danny Briere, Matt Read and Max Talbot each scored two goals to lead Philadelphia to an 8-4 victory over Pittsburgh on Sunday in a fight-filled game in the Eastern Conference quarterfinal. Giroux and Wayne Simmonds also scored to help the Flyers take a 3-0 lead in the combustible best-of-seven series. Game 4 is Wednesday night in Philadelphia. The Flyers scored 30 goals in the first three games. "Our goal is to finish it right away," Briere said. The goals might be hard to

find on a highlight reel. This one was all about the brawls more suitable for a UFC card. Three players were tossed in the first period. There was a rare fight between superstars when Crosby squared off against Giroux. "In the end, that's really playoff hockey," Flyers coach Peter Laviolette said. "A couple of the best players in the world dropping the gloves going at it. Would I rather have G keep his gloves on? Sure. But when he's fighting Sidney Crosby, that's playoff hockey. That's this series."

THE ASSOCIATED PRESS



Sidney Crosby and Kimmo Timonen square off Sunday in Philadelphia.

BRUCE BENNETT/GETTY IMAGES

metro

CLASSIFIEDS

To advertise, call:
1 800 527-6767

HELP WANTED

General Help

BILINGUAL 5 TON DRIVER for Sleep Country. Must possess valid G class driver's license, clean driver's abstract, previous experience driving 5 ton trucks, ability to safely carry & handle mattresses, bilingual in French & English (oral & written), provide strong customer service. Submit resume to jobs@sleepcountry.ca.

Education



NOW HIRING SECURITY GUARDS
Up to \$18/hr
No Experience Required
Employment Guaranteed
Ottawa: (613) 238-1812

AUTOMOTIVE

Cars & Trucks Wanted

1 BEST PRICE PAID for YOUR unwanted trucks or cars
Scrap and/or Parts
Call MARK at 613-978-2468

Cars & Trucks Wanted

!!!CASH FOR THAT CLUNKER!!!
WILL BUY UNWANTED CARS AND TRUCKS FOR SCRAP AND PARTS.
PAY CASH
Give me a call and I'll haul it away
BARRY 613-769-7940

RENTALS

Condos, Townhouses & Duplexes Furnished

Downtown Market loft 1 bdr,1bath, 6 appliances inc, hardwood & cermaic flooring, heat, water & underground parking inc. 4th floor, Market area view. \$1450 613-863-2015

MERCHANDISE

Public Auctions

PUBLIC AUCTION
Tuesday April 24, 2012
St-Elias Centre
750 Ridgewood Ave.
Preview: 3:00pm Starts: 4:30pm
MICHAEL SPOONER & SON
613-722-8321
www.spoonerauctions.com

SERVICES

Mortgages

OWN A HOME?
Loaded with Debt? I can help! 1st, 2nd, 3rd
Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"?
Fast approvals! Quick Closing!
Steve Daigle: sdaigle@tmacc.com
(613)863-0649

Does your parrot talk too much?

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

like us

metro

HOUSEHOLD SERVICES

Trades

PLUMBING SERVICES
AT VERY AFFORDABLE RATES

New Plumbing
Plumbing Renovations
Faucet Installations
Camera Inspections For Small Drains


integrityplumbingintégrité
613-618-8882
integrityplumbingcorp.com

LOOKING TO MAKE A CAREER CHANGE?

Read metro work every Monday & Wednesday.

like us

metro

Trades

Does your parrot talk too much?

Place your ad in Metro classifieds
metroclassifieds.ca | 1 800 527-6767

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

Accordion For Sale With Case Italian Antonelli 11 Treble & 3 Base Switches \$2000 or close offer 613-225-8472	BOOKS \$ 10 EACH The Natural Pharmacist-Ginkgo & Memory The Natural Pharmacist - Echinacea & Immunity (613)565-2974	ELECTRIC LAWNMOWER 7 amp, 18 in cut Black & Decker \$75.00 613-733-2289	Looking for records - Frank the Record Man is buying blues, Jazz, Heavy Metal, & good old Rock & Roll. If they are collecting dust in your attic call (613) 698-7035	Mustang Hood 1970's \$150 613-828-7248	• Tread Mill, Very Good Condition • Exercise Bike, A 1 Condition • 4 Almost New Tires Winter 205/55R 16" Going Cheap! Make Offers (613)422-3142
BAKERY or ALL EQUIPMENT FOR SALE Please call: 819-351-5260	BOOKS \$ 10 EACH THE PURSUIT OF HAPPYNESS-THE LIFE STORY THAT INSPIRED THE MAJOR MOTION PICTURE 613-565-2974	Elliptical Trainer Used only 2 times Practically NEW Asking \$200 (613)858-5196	Man's Bicycle in new condition. Pampered since new. Comes with gel seat, speedometer/odometer computer. A must see! \$75 613-745-4997	New Toaster Oven Moving must sell \$50.00 (613)722-6699	Used APEX TV Large Oversize Model Good Working Condition Asking \$60 613-858-5196
Bell Satellite Receiver, Dish and LNB Please make a reasonable offer 613-741-8140	Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk	FUR COATS Persian Lamb and Mink from Hudson Bay Call for price 613-722-2756	MATH HELP BOOKS Please call for prices, various books (613)741-8140	SOLID WOOD DESK (large) Top comes off 5ft x 3 ft Pick up only!. Moving need good ASAP! \$100 OBO 613-226-6251	WELL PRESERVED SOFA AND LOVE SEAT Floral print. Comes from non-smoking and no pet home. Paid \$3200 ASKING \$525 OBO 613-851-3019
BOOKS \$ 10 EACH The Art of Aging by Evelyn Mandel Tlustyoy by Henri Troy 613-565-2974	Custom Made Metal Kitchen Fan Hood (only hood) \$15.00 Double kitchen sink with new faucets \$35.00 613-291-6388/613-867-2746	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	MAYTAG Washer/Dryer 12 months old. Great condition. White \$550 OBO MUST SELL MOVING 613-710-7555	STOVE In good working order \$95.00 OBO 613-741-8140	Your Free Ad Here ! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 - MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword

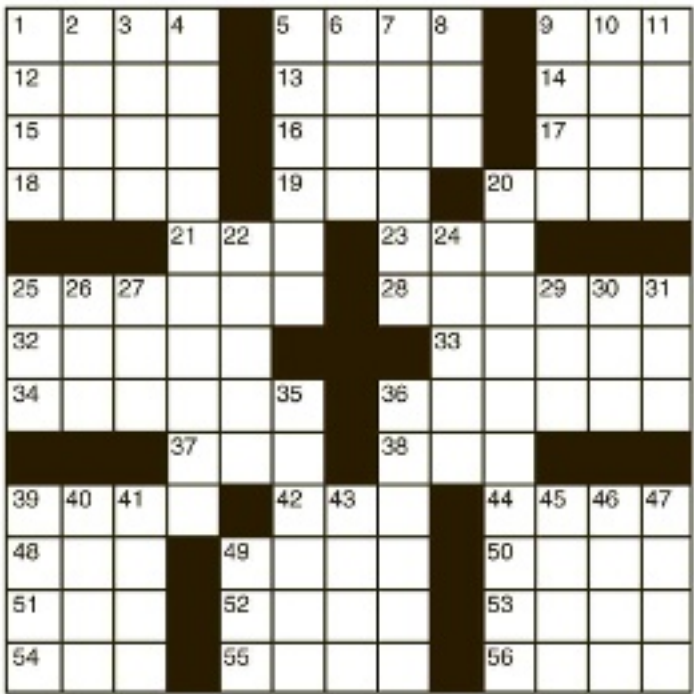
Across

- 1 Tobacco plug
5 Pumps up the volume
9 DIY buy
12 Stereo hookup
13 Gambling game
14 Account acronym
15 Astronaut Shepard
16 Dingy
17 Victory
18 "L'Etoile du —" (Minnesota motto)
19 Attention getter
20 Carlton of baseball
21 Afternoon affair
23 Ostrich's cousin
25 Investor's hope
28 Arouse bitterness
32 Expiate
33 Norma Rae's group
34 From that place
36 Boulevard
37 Greek H
38 Moray
39 Earth
42 Paving material
44 Food starch, for short
48 Possess
49 Grand-scale
50 Pavarotti offering
51 3 on the phone
52 Part of Q.E.D.

- 53 Benevolent
54 Big bother
55 Phoenician port city
56 Advantage

Down

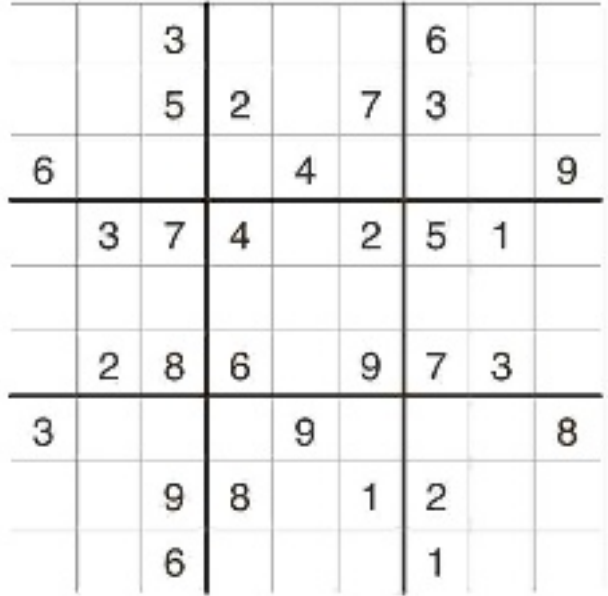
- 1 Earl Derr Biggers sleuth
2 Hawaiian city
3 Distant
4 Air-flow channel
5 Hound type
6 Stallion's companion
7 Orison
8 Sauce source
9 Fuzzy fruit
10 Eye part
11 Cistern
20 Batter treat
22 Upright
24 Shade of purple
25 Snitch
26 Biblical verb suffix
27 Pirouette pivot
29 Reunion group
30 Costello or Ferrigno
31 Away from WSW
35 Diner
36 Make bubbly
39 Six-pack, often
40 Yet to be paid



- 41 Data
43 Culture medium
45 Saharan

- 46 Pugilism venue
47 Commanded
49 Encountered

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	6	9	3	1	4	5	5	2
3	1	2	6	5	8	7	4	6
8	5	4	2	8	7	1	9	3
5	2	8	1	7	6	9	3	4
1	4	8	5	3	9	2	8	7
8	7	3	8	4	2	6	1	5
2	3	5	7	9	1	4	6	8
4	8	1	6	2	3	5	7	9
6	9	7	4	8	6	3	2	1

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XSI ZWMBJ MX IKMBK ZDEP
BDXR YUJS U OSHUUC
HKPDEOK U ZMPSLWUBS
ZPUYS: "HKS OPUHS SRBULS."
Yesterday's Cryptoquip: MUSICAL MARCH THAT
COMMEMORATES SAILORS AND FOODSTUFF
FROM SHEEP: "TARS AND TRIPES FOREVER."
Today's Cryptoquip Clue: K equals H



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today

25°/3°
Showers
40%

Tuesday

13°/0°
Variable

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

Horoscope

♈ Aries | March 21 - April 20. You will be remarkably fired up this week. Both in your personal life and in your work you will be energetic and enthusiastic.
♉ Taurus | April 21 - May 21. You favor routines and methods you feel comfortable with but you will need to be a bit more adventurous over the next few days.
♊ Gemini | May 22 - June 20. This should be a really fun time for you, especially if you are ready to take a few risks in your private life.
♋ Cancer | June 21 - July 22. No one works harder than you, but are you working for yourself or are you working for other people?

♌ Leo | July 23 - Aug. 22. You enjoy taking risks, it gives you a buzz, and with mind planet Mercury moving in your favor today you will be looking round for new ways to push the envelope.
♍ Virgo | Aug. 23 - Sept. 22. You need to be a bit more assertive when dealing with family issues and financial matters.
♎ Libra | Sept. 23 - Oct. 22. Anyone who annoys you this coming week is likely to find themselves on the receiving end of a tongue-lashing.
♏ Scorpio | Oct. 23 - Nov. 21. If you see an opportunity today you must seize it immediately.

♐ Sagittarius | Nov. 22 - Dec. 21. You're in a dynamic mood at the moment and you really don't care whose toes you tread on.
♑ Capricorn | Dec. 22 - Jan 20. Something unexpected will happen today, something you did not plan for.
♒ Aquarius | Jan. 21 - Feb 18. Don't let anyone persuade you to abandon the path you have chosen to take.
♓ Pisces | Feb. 19 - March 20. You are very much on the ball at the moment and determined to make every minute count.
SALLY BROMPTON



Caption Contest

"Whoa i gotta get my eyes checked! There's no way i should have missed that one!"
Brian
GREGORY BULL/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED A RIDE?
Read metrodrive every Wednesday.

QuestChat™
feel the rush
TRY IT FREE!
613.232.4444
Other Cities 1.888.482.8282
1.900.672.4444 • \$25/50 min
Call ACHAT4201 (735/min)
Text QUEST to 96888 (50¢/text)
Fine print not applicable on QChat



MEGA AUTOMOBILE

THE AUTOMOBILE SUPERSTORE!

UP TO 1000 QUALITY USED VEHICLES
LOWEST PRICES GARANTEED!



UNBEATABLE OFFERS ON ALL MAKES & MODELS

12 FOCUS TITANIUM SE
LOADED, A/C, AUTO • 35905km
st:33601 • **\$17,950** • bw:\$148***

07 MAZDA CX-7 GT 4WD
LOADED, LTHR, ROOF • 77242km
st:33637 • **\$14,750** • bw:\$158*

10 MAZDA 3
LOADED, A/C, AUTO • 50876km
st:33096-A • **\$14,380** • bw:\$119***

08 SILVERADO LS 4X4
LOADED, A/C, AUTO • 74005km
st:32149 • **\$19,650** • bw:\$182**

07 TUCSON GLS
LOADED, A/C, AUTO • 76757km
st:33608 • **\$11,870** • bw:\$127*

10 HONDA INSIGHT HYBRID
LOADED, A/C, AUTO • 53737km
st:31958-A • **\$17,800** • bw:\$155***

10 IMPALA LT
LOADED, A/C, AUTO • 58836km
st:32452 • **\$14,870** • bw:\$123***

08 NISSAN VERSA SL
LOADED, A/C, AUTO • 93963km
st:33665 • **\$9,950** • bw:\$92**

11 CHRYSLER TOWN COUNTRY
STOW-N-GO, NAV, DVD • 15310km
st:33605 • **\$28,950** • bw:\$228***

09 NISSAN XTERRA 4WD
LOADED, A/C, AUTO • 41466km
st:31671 • **\$19,950** • bw:\$204**

08 ACURA TL
LOADED, A/C, ROOF, LTHR • 87531km
st:33530 • **\$17,980** • bw:\$167**

07 LEGACY AWD
LOADED, A/C, ROOF, AUTO • 79319km
st:28575 • **\$15,950** • bw:\$171*

08 PONTIAC VIBE
A/C, STD • 86574km
st:33272 • **\$9,640** • bw:\$89**

10 CHRYSLER 300 TOURING
LOADED, A/C • 68262km
st:33504 • **\$15,850** • bw:\$131***

08 KIA RONDO EX
LOADED, A/C, AUTO • 87121km
st:33324 • **\$9,970** • bw:\$93**

10 KIA SOUL 4U
LOADED, A/C, ROOF, AUTO • 53986km
st:32895 • **\$15,950** • bw:\$131***

07 NISSAN QUEST
LOADED, A/C, AUTO • 95995km
st:32409 • **\$13,650** • bw:\$147*

08 HONDA ACCORD
LOADED, A/C, AUTO • 107112km
st:32664-A • **\$13,750** • bw:\$128**

08 MAZDA B2300
A/C • 61594km
st:33422 • **\$10,750** • bw:\$100**

09 NISSAN ROGUE
LOADED, A/C, AUTO • 60968km
st:32613-A • **\$16,950** • bw:\$157**

08 PONTIAC TORRENT
LOADED, A/C, AUTO • 75537km
st:33159 • **\$13,380** • bw:\$124**

07 HYUNDAI SANTA FE
LOADED, A/C, AUTO • 81806km
st:33289 • **\$13,870** • bw:\$149*

08 CHEVROLET MALIBU LT
LOADED, A/C • 52016km
st:33345 • **\$12,470** • bw:\$116**

08 MAZDA TRIBUTE 4WD
LOADED, ROOF, LTHR • 92605km
st:33429 • **\$13,950** • bw:\$129**

07 FORD EDGE SEL AWD
LOADED, A/C, LTHR, AUTO • 95433km
st:32926-A • **\$17,850** • bw:\$192*

11 SUZUKI SWIFT PLUS
LOADED, A/C • 58162km
st:33524 • **\$10,950** • bw:\$90***

09 CHRYSLER PT CRUISER
LOADED, A/C, AUTO • 61199km
st:32428 • **\$8,950** • bw:\$83**

08 SAAB 9-3 2.0T
LOADED, ROOF, LTHR, AUTO • 90901km
st:33488 • **\$13,980** • bw:\$130**

10 TOYOTA COROLLA CE
LOADED, A/C, AUTO • 65320km
st:32948 • **\$12,950** • bw:\$107***

08 FORD FUSION SE
LOADED, A/C, ROOF • 70497km
st:33130 • **\$10,750** • bw:\$100**

08 FORD TAURUS SEL
LOADED, A/C, AUTO • 90818km
st:32153 • **\$11,840** • bw:\$110**

09 FORD ESCAPE XLT 4WD
LOADED, A/C, AUTO • 87719km
st:32729 • **\$16,460** • bw:\$153**

07 VOLKSWAGEN PASSAT
LOADED, A/C, LTHR, AUTO • 79395km
st:32521 • **\$13,870** • bw:\$160*

11 CHRYSLER 200
LOADED, A/C • 36288km
st:33503 • **\$16,970** • bw:\$140***

11 FORD FIESTA SE
LOADED, A/C, AUTO • 50713km
st:33517 • **\$13,980** • bw:\$115***

10 SUZUKI SX4 LE
LOADED, A/C, AUTO • 60387km
st:32750 • **\$11,970** • bw:\$99***

11 HYUNDAI SONATA
LOADED, A/C, MAGS, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$148***

10 EQUINOX LS AWD
LOADED, A/C, AUTO • 63009km
st:33050 • **\$18,850** • bw:\$155***

08 HYUNDAI ELANTRA GL
STD • 34056km
st:33047 • **\$8,450** • bw:\$78**

11 SMART FORTWO
LOADED, PANORAMIC ROOF • 23464km
st:33682 • **\$13,670** • bw:\$113***

07 HYUNDAI ACCENT GLS
LOADED, A/C • 83450km
st:33392 • **\$6,850** • bw:\$74*

08 NISSAN ALTIMA 2.5S
LOADED, A/C, AUTO • 84112km
st:33662 • **\$12,980** • bw:\$120**

10 SENTRA XTRONIC CVT
LOADED, A/C, AUTO • 66382km
st:33677 • **\$11,960** • bw:\$99***

07 CHRYSLER SEBRING
LOADED, A/C • 86262km
st:31515 • **\$9,680** • bw:\$104*

07 TRAILBLAZER 4WD
LOADED, A/C, ROOF • 79210km
st:33199 • **\$14,870** • bw:\$160*

11 DODGE AVENGER SXT
LOADED, A/C • 33755km
st:33579 • **\$15,970** • bw:\$132***

07 MAZDA RX-8 COUPE
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **\$16,870** • bw:\$181*

09 PONTIAC AVEO G3
LOADED, A/C, ROOF • 72350km
st:32171-A • **\$8,980** • bw:\$83**

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **\$12,960** • bw:\$120**

07 VOLVO S40
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **\$14,870** • bw:\$160*

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **\$25,890** • bw:\$204***

GREAT DEALS ON LUXURY CARS!



FREE IPOD WITH PURCHASE OF ONE OF THESE LUXURY CARS!

07 Cadillac CTS

• Loaded, A/C,
Lthr, Auto
• st: 33383
• km: 64065

\$16,930
\$182*
Bi-weekly



07 Benz ML320 DIESEL

• AWD, NAV, Lthr,
Loaded, Roof
• st: 32168
• km: 72545

\$29,950
\$311*
Bi-weekly



08 BMW 128i COUPE

• Loaded, A/C,
Lthr, Roof, Auto
• st: 33071
• km: 78474

\$21,870
\$195*
Bi-weekly



08 Benz B200

• Loaded, A/C,
Auto
• st: 32353
• km: 66500

\$16,880
\$157*
Bi-weekly



08 Lexus IS250

• AWD, Loaded,
Roof, Lthr, Auto
• st: 29824
• km: 75146

\$26,840
\$248*
Bi-weekly



08 Lincoln MKZ

• AWD, Loaded,
Lthr, Roof, Auto
• st: 33632
• km: 98400

\$16,750
\$155*
Bi-weekly



11 SUZUKI KIZASHI
LOADED, A/C, AUTO • 34328km
st:33619 • **\$16,970** • bw:\$140***

08 MINI COOPER
LOADED, A/C, LTHR, AUTO • 71698km
st:32001 • **\$14,870** • bw:\$138**

07 VOLKSWAGEN GOLF CITY
STD • 98747km
st:32116 • **\$9,750** • bw:\$105*

11 MITSUBISHI LANCER SE
LOADED, A/C, MAGS, AUTO • 37161km
st:33466 • **\$16,735** • bw:\$138***

07 MAZDA 6
LOADED, A/C • 53218km
st:33478 • **\$10,780** • bw:\$116*

08 DODGE CHARGER
LOADED, A/C, AUTO • 84873km
st:33670 • **\$11,820** • bw:\$110***

08 CHEVROLET COBALT LS
STD • 90824km
st:33403 • **\$7,850** • bw:\$73**

07 DODGE CALIBRE SXT
LOADED, A/C, AUTO • 82291km
st:31790 • **\$8,780** • bw:\$94*

09 TOYOTA VENZA AWD
LOADED, A/C, AUTO • 22487km
st:31787 • **\$24,850** • bw:\$231**

07 CHEVROLET OPTRA 5
LOADED, A/C, ROOF • 31417km
st:32802 • **\$8,360** • bw:\$90*

08 SATURN VUE XR
LOADED, A/C, AUTO • 71309km
st:33473 • **\$13,980** • bw:\$130**

07 VOLKSWAGEN JETTA CITY
LOADED, A/C, STD • 64009km
st:32268 • **\$10,840** • bw:\$116*

08 JEEP COMPASS SPORT
STD • 68815km
st:32457 • **\$10,650** • bw:\$99**

07 TOYOTA RAV4 4WD
LOADED, A/C, AUTO • 94969km
st:32215 • **\$13,940** • bw:\$171*

06 NISSAN X-TRAIL XE
LOADED, A/C, AUTO • 73849km
st:31654 • **\$10,950** • bw:\$118*

07 MAZDA RX-8 COUPE
LOADED, A/C, ROOF, LTHR • 63835km
st:33444 • **\$16,870** • bw:\$181*

09 PONTIAC AVEO G3
LOADED, A/C, ROOF • 72350km
st:32171-A • **\$8,980** • bw:\$83**

09 TOYOTA MATRIX
LOADED, A/C • 68124km
st:33622 • **\$12,960** • bw:\$120**

07 VOLVO S40
LOADED, A/C, LTHR, AUTO • 84104km
st:32486 • **\$14,870** • bw:\$160*

11 TOYOTA SIENNA LE
LOADED, A/C, AUTO • 59919km
st:33138 • **\$25,890** • bw:\$204***

ARE YOU EMPLOYED
BY FEDERAL, PROVINCIAL OR
MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA &
RECEIVE OUR BANK COMMISSION OF UP TO

\$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.